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FLUFFY FIND

A meownificent discovery

Aaron Chatha
Metro | Calgary

The cat's out of the bag — literally — as a pair of kittens left in a clothing donation box on Wednesday have found a new home.

An employee at the Cerebral Palsy Association found the kittens in a backpack when checking the donation box.

The bag contained no note or clue as to why they were left there, but when Ana Hoepfner saw them in the office the next morning, she fell paws-itively in love.

"I have a fiancé, it's just the two of us, we don't have kids, so they will become our babies," said Hoepfner, who works as the association's community and government relations co-ordinator.

Hoepfner said originally the kittens were going to be taken to the Humane Society, but now they'll be coming home with her.

They've been named Poppy and Smokey.

"Poppy because it was Remembrance Day," she said, "and Smokey because it's a dark little kitty."

Hoepfner hopes to take them to the vet this weekend and get them registered.

She added the Cerebral Palsy Association doesn't usually accept kittens as donations – mostly clothing and soft goods like bedding and towels. The association assists those with cerebral palsy and other disabilities.

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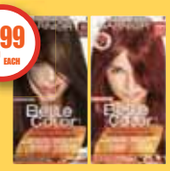

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New York's 'Map the Homeless' app blurs ethical lines. **Business**

Social justice policing model a priority for chief

POLICE

The issue of domestic violence needs change: Chaffin

Lucie Edwardson
Metro | Calgary

Calgary police's new top officer said social justice will be the foundation for CPS in his tenure, and he'll ensure the organization, as well as its programs and initiatives are maturing in a way that supports that model.

Chief Constable Roger Chaffin sat down with Metro to discuss his vision for the Calgary Police Service, and its role within the community.

"Policing isn't about the number of people you can arrest," he said. "It's about making sure that this is a fair city that has laws, but that we have a role in making sure people's lives are comfortable."

Chaffin said he "quite likes" the model created under former Chief Rick Hanson, but said he wants to make sure it's maturing and modernizing.

"I want to make sure it's sustainable over this next generation of policing as we work with young kids in school, with the school boards, and some of our programs that work with mental health challenges," he said. "We're just walking down those paths and we need more time with them, we need to get better at them with our modern day realities."

Chaffin said a big part of social justice policing is making sure the focus isn't entirely on "arresting our way through problems."

"There are people that need to be arrested, there are people who need to have tactics put to them and who we need to tow the line with, but there are also problems we need to show leadership with," he said.

The chief said when police act solely as enforcers who arrest people it can further problems.

"It seems like when police are only in those positions to arrest people they become irrelevant, because they're not helping at all, they're becoming a part of the problem," he said.

One such policing issue where they think they can make a change, according to Chaffin, is domestic violence.

"We can also be a part of that story about how to help and create that feeling in the community about someone that really cares about long-term solutions," he said. "Those are huge challenges with people's confidence within the community and with policing you have to be seen as a piece of hope in that narrative."

To ensure that CPS is maturing, Chaffin said they will be reviewing the working conditions of programs such a Safe Communities Opportunity and Resource Centre, where Calgarians can go to access a range of programs and services, as well as be transported to agencies when necessary.

"To me those are all programs I would like to make sure are maturing properly," he said. "It's time to re-evaluate them and make sure they have the support they need, that they're meeting their goals, their mandates.

"All those programs I am looking forward to making sure they can be sustained."

Newly-minted Calgary police Chief Roger Chaffin said social justice will help form the next generation of the Calgary Police Service. DARREN KRAUSE/METRO

Q&A: MEET THE CHIEF

Q: Favourite ice cream flavour?
A: I like the ones where they mix things, like a Rolo McFlurry.
Q: If you could have a super power what would it be?
A: It isn't a superpower but there are concepts and philosophies where if you challenge your brain, you can do more, expand the potential of the mind.
Q: If you weren't a police officer what would you be?
A: I would go back to when I was 20 years old and I was driving a truck. I like driving, I like the quiet time spent while driving.
DARREN KRAUSE/METRO

CPS

Body cams program still being tested

Although it may seem as though the Calgary Police Service has been a little camera shy, new Chief Roger Chaffin said the body-worn camera program is still a go, but remains a work in progress. The program previously had roll-out dates in 2013 and 2014 that never materialized, but Chaffin said there's 150 members currently testing the cameras and they're learning how to best operate and then set a mandate for the new technology's use.

"We're probably one of the big early adopters of this technology and I think our policy work that it has gone through — I think its been 35 iterations — before we rolled it out, so 35 times we've had to go back and say, 'Nope, that's wrong. That policy isn't robust enough.' So, we go back and we keep changing the policy," he said.

Alberta's privacy commissioner Jill Clayton previously raised concerns with former Chief Rick Hanson about body cameras, and the possible privacy infringements they might cause.

In an open letter penned by Clayton to Hanson she said a few of her concerns included the CPS's authority to collect personal information using the technology and how CPS would fulfill the requirement to limit use and disclosure of private information.

Chaffin admits meeting these standards and ensuring CPS has a good policy in place has been challenging, but said they will continue with the program and will adapt as they go, ultimately benefitting the CPS.

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IN BRIEF

Edmonton hostage-taker gets day parole

Day parole has been granted to an Alberta man who took nine people hostage at gunpoint in a Workers' Compensation Board office in downtown Edmonton.

The Parole Board has approved the release of 44-year-old Patrick Clayton to an aboriginal-focused substance abuse treatment centre in British Columbia.

Clayton, whose WCB claim involved a knee injury, has served nearly four years of his six-year, 10-month sentence at the medium-security Mission Institution, where the board made its decision.

Board member Maryam Majedi says Clayton's offence in October 2009 put many people in danger, but he has made positive changes since then.

He surrendered to police 10 hours after herding people into a conference room with a hunting rifle and 100 rounds of ammunition.

THE CANADIAN PRESS

Justin Bieber to play Saddledome in June

The Canadian teen-idol and bad-boy celebrity is bringing his live show to Calgary in June.

Justin Bieber will play the Scotiabank Saddledome on June 13, 2016 as part of his Purpose world tour.

He'll be playing Rexall Place in Edmonton the following night.

The tour is in support of his new comeback album — Purpose — which was released at midnight Thursday.

Tickets for his Calgary Show go on sale Nov. 20. Prices have yet to be announced, but those interested can get the tickets at www.aeglive.com

METRO

As council prepares to talk vehicle-for-hire regulations, **Uber uses its supporters to voice praises for the ride-share company.**

JENNIFER FRIESEN/FOR METRO

Pro-Uber letters flood council offices

TRANSPORTATION

Ride-share regulations under debate

Helen Pike
Metro | Calgary

On the heels of the city seeking an injunction stopping Uber drivers from operating, the ride-share company has called on supporters to litter offices of councillors with letters voicing approval and concerns with city's legal actions.

According to the Mayor's office, they've been included on approximately 500 letters so far addressed to city councillors which appear to have been spurred by an Uber request. The letters appear to be ramping up for Monday's council meeting where ride-share regulation options will be discussed.

The blog post, signed by Uber Alberta General Manager Ramit Kar, has instructed users to tell councillors how "Uber has impacted" their lives and that they support "smart regulations for ride-sharing in Calgary."

What's more is Kar writes he's disappointed the city is targeting "hardworking Calgarians — many recently laid off — with an unnecessary legal battle."

He added the company remains committed to supporting driver-partners.

Councillors like Shane Keating and Gian Carlo-Carra have received more than 100 and 80 emails respectively on the matter, but it's not clear if the correspondence comes from within their wards. Coun. Sean Chu has also noticed a rise in Uber-related letters this week.

> **These ride-share vehicles are riding around without proper insurance.**
> Coun. Richard Pootmans

Coun. Richard Pootmans has also received the letters and says he supports the new technology as long as they are able to meet safety checks, vehicle checks and offer valid insurance — which is the only sticking point.

"These ride-share vehicles are riding around without proper insurance," Pootmans said. "I as a councillor am not comfortable supporting that and if bylaw is out there issuing fines to people without insurance I think that's good public policy."

Coun. Druh Farrell said she's not sure how many letters her office has received but heard there's been an influx this week. She noted most people she's hearing from understand the city's role in ensuring a safe ride for Calgarians.

"What they don't understand is limiting licences for taxis and restricting ride-share for the benefit of the existing taxi industry," said Farrell. "Once the city can ensure safety and security of the passenger and the driver then I welcome ride-share, but the safety is non-negotiable."

RCMP

Cabbie receives apology

Two years after being subjected to a racist tirade by an unruly passenger, a Calgary cab driver has received an apology.

However, the apology to Sardar Qayyum didn't come from his former passenger but from the RCMP, which reviewed how the verbal assault in November 2013 was handled.

A video from the cab's dashcam that became public last summer showed a front-seat taxi passenger using profanity and racial slurs.

"Go back to where you're from, take your wife and four kids," the passenger yelled.

Later, the passenger said the cabbie would "strap a bomb" to his body.

An RCMP officer got the passenger to pay Qayyum for breaking his camera, but there were no criminal charges.

Qayyum complained and the RCMP looked into the matter again, but the Crown decided that charges against the passenger now would amount to an "abuse of process."

"The RCMP would like to publicly announce our apology to Mr. Qayyum, the taxi driver in this matter, as the service provided to him did not accomplish a satisfactory outcome for him," said Insp. Gord Sage, officer in charge of the Airdrie RCMP.

The formal complaint was made through the Civilian Review and Complaints Commission. The RCMP assigned a senior investigator to look in to the matter.

The report found the investigating officer became lost on the element of restitution, and "little effort" was made to bring the accused before the court for prosecution.

Qayyum received the results of the report and the apology at a meeting with Sage on Thursday. THE CANADIAN PRESS

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CRIME

Police charge four with credit-card fraud

Aaron Chatha
Metro | Calgary

After a six-month investigation, Calgary police have laid fraud charges against four people believed to be a part of an organized crime group.

The group is believed to be responsible for a number of fraud cases reported to CPS where they acquired merchandise, pre-paid credit cards and rental cars using counterfeit credit cards and stolen credit card data.

"One of the things that sets this apart is that the group was using an algorithm to create credit card numbers and data, so the banks or the credit card companies specifically would be the victims," said Staff Sgt. Kristie Verheul.

The airport unit alerted the CPS economic crimes unit Oct. 22, after three people were suspected of attempting to rent a car using a stolen credit card.

Police searched the suspects and discovered forged credit cards and forged government-issued ID cards, stolen property and $1,063 in cash.

They interviewed three individuals and two were charged.

Lawrence Culajara, 24, and Misty Nicole McMaster, 29, of Calgary, face multiple charges including unlawfully possessing credit card data.

After CPS made the arrests at the airport, they obtained a search warrant, and on Nov. 6, they raided a southeast home.

During their search, investigators seized a credit card embosser machine, numerous counterfeits, forged or modified credit cards, credit card data, 4.1 grams of crystal meth, a replica semi-automatic handgun, and a stolen Chrysler 300.

As a result of the search, Vivencio Antonio, 30, and Stephanie Paul, 27, face multiple charges.

Police believe all four individuals were working together when they committed these crimes.

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The 1900 block of Uxbridge Drive NW where a fire ripped through six businesses Thursday, injuring two firefighters and forcing the evacuation of a nearby elementary school.
JENNIFER FRIESEN/FOR METRO

Fire crews battle strip mall blaze

STADIUM SHOPPING CENTRE

Origin of incident still under investigation

Jennifer Friesen
For Metro | Calgary

Flames ripped through six northwest strip mall businesses Thursday, injuring two firefighters as they fought the blaze.

At 7:20 a.m., the Calgary Fire Department said a passerby called 911, saying there were flames visible on the Stadium Shopping Centre — the 1900 block of Uxbridge Drive NW. Upon arrival, fire crews immediately called a second alarm due to the large volume of smoke at the scene.

Two firemen, one with a chest injury and one with a shoulder injury were sent to hospital. Both are expected to recover quickly, but could be out of commission for some time.

Crews rescued several cats from a business in the strip mall.

"The cats were taken to a friend's place, they're doing well," said Henry Wegiel, owner of The Cat House Inc.

Stuart Brideaux, EMS public education officer said additional paramedic crews were sent to the elementary school on Utah Drive to coordinate an evacuation to Calgary Board of Education facilities inside the Alberta Children's Hospital (ACH).

According to Brideaux, 320 students were moved safely on foot from their school over to ACH at around 10 a.m. Among those evacuated from the school, paramedics were requested to assess two students who had trouble breathing.

One of them, a seven-year-old female, was transported by ambulance in stable and non-life threatening condition to ACH with respiratory complaints.

320

As a result of the inferno, 320 students were evacuated from their school on Utah Drive to ACH.

The second patient, an eight-year-old male, was released to the care of his parents at the scene.

Carol Henke, spokeswoman for the Calgary Fire Department said investigators are trying to find the cause of the fire, which was under control late Thursday afternoon.

Henke said anyone with early videos from the fire can help with the investigation by sending copies to piofire@calgary.ca.

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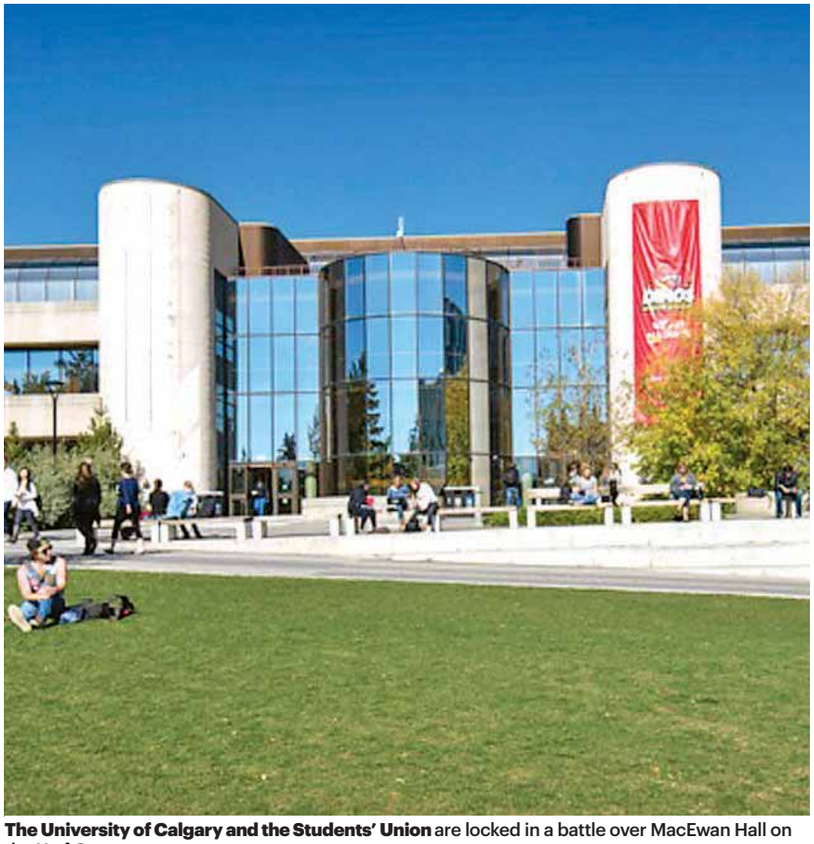


The University of Calgary and the Students' Union are locked in a battle over MacEwan Hall on the U of C campus. METRO FILE

University lays claim to Mac Hall

EDUCATION

Student union in legal battle with admin

Helen Pike
Metro | Calgary

The University of Calgary has filed its Statement of Defence, denying "each and every allegation" in the Mac Hall ownership dispute with the Students' Union that runs the building, and posted it online for the world to see.

In the unprecedented court case — for the first time pitting the U of C against the students' union — the school has maintained that it's the sole owner of the building while the SU firmly claims it has a 55 per cent stake.

Levi Nilson, president of the University of Calgary Students' Union said the statement of claim is a disappointment, with no new evidence to back up the school's ownership claims.

"The different arguments and different pieces of evidence that they have to justify their own claim — we're not really seeing that," said Nilson.

With legal proceedings underway, the current Licence of Operation and Management Agreement (LOOMA) between the two parties is set to expire on Dec. 9 with no hope of meeting the deadline to craft a new one.

> **"They would essentially take over the revenues and any of the operations of the building.**
> Levi Nilson, student union president

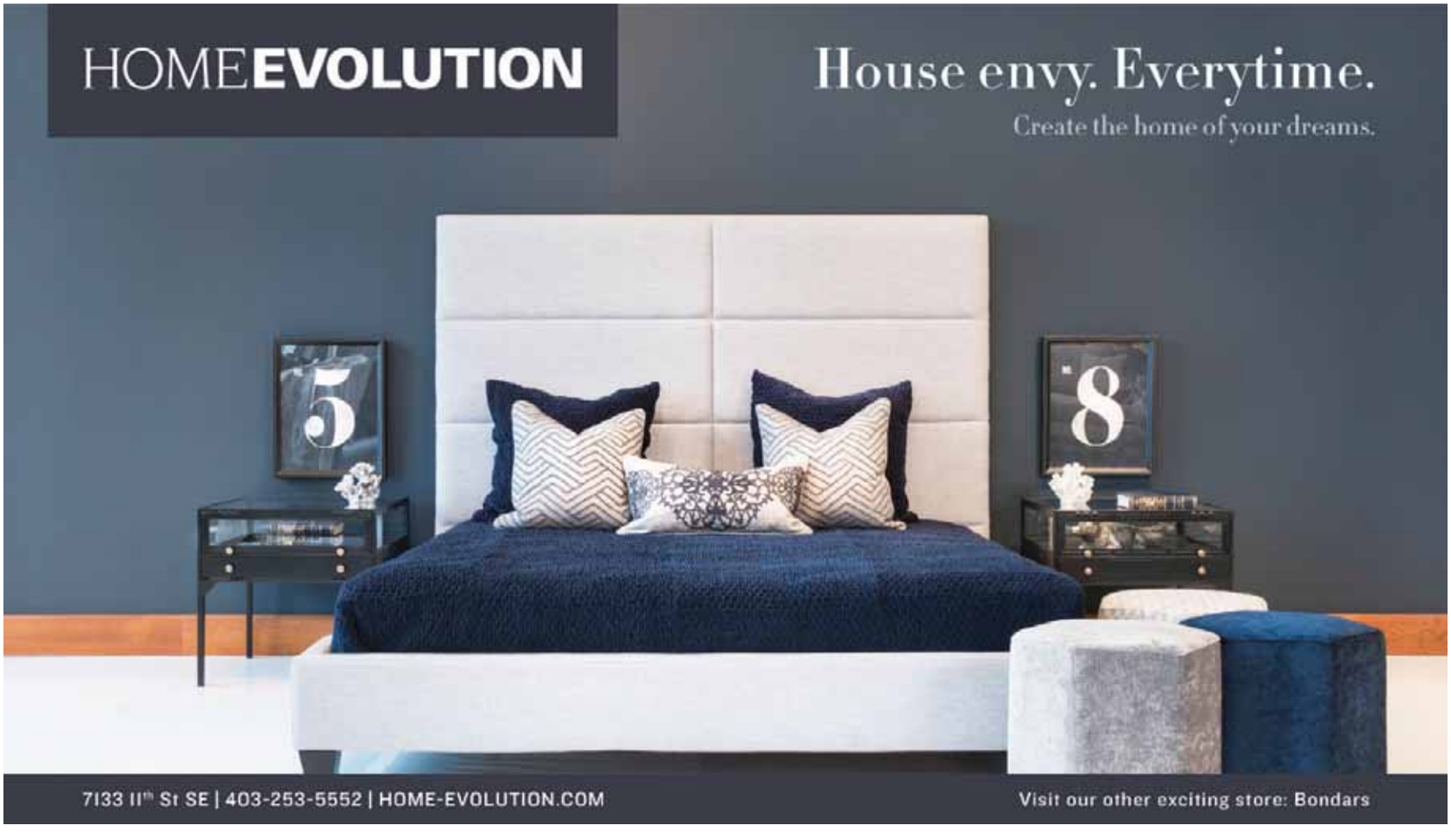
But the University maintains the student headquarters will remain open while legal proceedings are ongoing.

"We're very worried," said Nilson, adding the U of C's wording is unclear. "They would essentially take over the revenues and any of the operations of the building as it works now, or there'd be a substantial change to that, and that's something that we think is pretty inappropriate."

He said for the university to come in and take over could be detrimental to the student experience on campus.

"As a central focus for student life on campus, Mac Hall is a big part of creating a great student experience and the university certainly wants this to continue," said Provost Dru Marshall in a release Thursday. "We remain optimistic regarding the future of Mac Hall."

The union "has been given the option of continuing to occupy its current space within Mac Hall after Dec. 9, 2015 on the same basis as set out in the LOOMA," according to the University.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Winter won't chill city bike lanes

OPINION

Despite critics' beliefs, track is proving to be quite a success

IN DEFENCE OF
Mike Morrison

For as long as we've been talking about separated bike lanes, opponents have been saying, "It'll never work, we're a winter city."

And they're not wrong. After all, we did host the 1988 Winter Olympics. Of course, we had to use artificial snow in some venues because of the warm weather, but yes, technically, we have winter months here in Calgary.

Critics have undoubtedly been eagerly awaiting this time of year. Their hope is that the number of cyclists using the tracks plummet and they'll finally be proven right, especially since they've been proven wrong countless times already.

Will the looming frigid temperatures and snow bring a massive drop in cycle track users? Although it's expected to drop, it probably won't be as dramatic as some people think. METRO FILE

I get that would be frustrating. And you know what, they actually could be right! With the days getting colder and shorter, the cycle tracks could become as deserted as the Saddledome in June. I'm definitely biking way less than I used to.

But with the numbers exceeding even the most positive expectations, even the most stubborn city councillor can't ignore the facts that going into the colder months, the tracks are still incredibly popular. By any measure, they've been a huge success.

Since they opened on June 18, more than 370,000 bicycle trips have been counted. In fact, if bike trips were seats at the Saddledome, cycling Calgarians would have filled all 19,289 seats for 19 sold-out Flames games. That's not nothing. Another interesting fact: women biking downtown has increased by seven per cent. That's not nothing. And one last one: 25 per cent of all bicycle trips along 5 Street are recorded between 4–6 p.m. That means 75 per cent of the trips are being recorded outside of what's typically considered rush hour. That's definitely not nothing.

The City of Calgary is certainly anticipating a drop in usage. They expect about 25–30 per cent of the people who used the cycle tracks in the summer time to use them in the winter. But that still means hundreds of daily users. It's not inconceivable for it to be even higher than that. The separated bike lanes will be cleared within 24 hours of snowfall, as all Centre City streets are. On top of that, 350 of our 800 kilometres of multi-use pathways are cleared by the Parks department in 24 hours.

But, as the nerds like to say all the time now, winter is coming and the numbers will most definitely drop. Just like a lot of other things do in the winter.

People shop and eat out less, people drive less at night, people also don't sit on their patios in the winter. But just because shops, restaurants, roads and patios aren't as busy in the winter, does that mean we should just get rid of them? Hardly. So why not apply that logic to cycle tracks?

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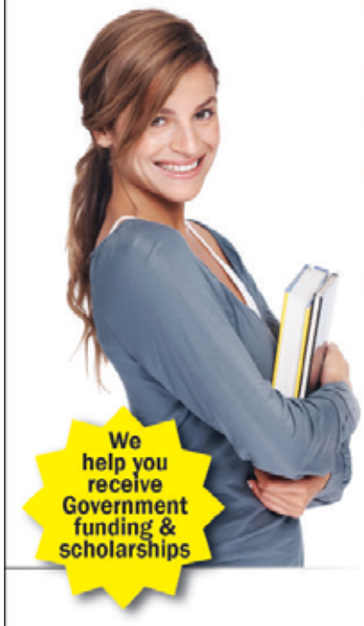

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IN BRIEF

Police lay charges in Market Mall carjacking

Calgary police have made an arrest and laid charges in relation to a carjacking last week. It began when a woman was forced out of her van at gunpoint at the Market Mall parking lot on Nov. 6.

On Nov. 9 at about 2 a.m., officers noted a Chevrolet Venture van with front-end damage pulled over in the intersection of Rocky Ridge Road and Royal Oak Drive NW. Police discovered the vehicle had been stolen and matched the description of the vehicle taken in Friday's carjacking. A man at the scene was taken into custody. Police have charged Ryan John Wilson, 36, of Calgary, with two counts of possession of stolen property, and one count of possession of drugs. He was released on a promise to appear and was scheduled to appear in court Thursday. Wilson was taken back into custody after allegedly robbing a liquor store upon his release. METRO

Wildrose party leader faces review by peers

Just a few months after taking over his party, Wildrose leader Brian Jean will face members this weekend to see if he gets to keep running it. Jean will face a leadership review at the party's convention in Calgary this weekend. The review is automatic after an election for any party leader. Wildrose executive director Jeremy Nixon said he doesn't expect any concerns from the rank and file. "I think Brian has done capably and has taken the Wildrose to the largest official opposition ever," he said. METRO

A City of Calgary bicycle ambassador gives information to cyclists. HELEN PIKE/METRO

Cycle track's uptick in female ridership

COMMUNITY

Community rides help bolster rate to 27 per cent

Helen Pike
Metro | Calgary

Although Calgary's downtown cycle track pilot is only four months old — barely an official milestone — it's already managed to hit a few key increases when it comes down to some key figures.

And though it's still early in the game, the cycling community isn't scared to say "I told you so."

"That was our entire mandate, was to get more women riding," said Kimberley Nelson, VP of Bike Calgary.

Nelson, who is also part of Bicycle Belles, is proud as punch that her group has managed to rally support from female cyclists through community rides, which may have helped increase female cyclists in the core.

"Just encouraging women and families to get out there and ride together," said Nelson. "Not that they need a whole lot … I see babies riding with their parents in downtown Calgary."

> **"I see babies riding with their parents.**
> Kimberley Nelson, VP of Bike Calgary

She said the cycle track has been pretty good at getting its own message out.

Currently 27 per cent of cycle track ridership is female, which is up 7 per cent from before the track existed and 5 per cent higher than the city's 2015 average.

Coincidentally the city released these numbers the same week a University of Toronto study on female cyclists being "safer" than their male counterparts was released — simply because they tend to go slow and stick to separated bike lanes.

Ekke Kok, manager of transportation data, said the city has kept track of the data in a number of ways, including automatic counters. But to reach more detailed conclusions automatic counters can't catch, they have done demographic surveys.

"We have real-live data collectors sitting beside the road,. They actually record gender and age, whether the person's wearing a helmet, if they're going the wrong way on the sidewalk," said Kok.

WATCHDOG

$41,000 spent on … what?

A taxpayers watchdog group says the Alberta School Boards Association spent more than $41,000 on staff gifts, meals, recognition and events planning between 2012 and 2014.

The Canadian Taxpayers Federation says a school board document shows staff members receive $50 birthday gift cards on top of "cake days" celebrating office birthdays each month — costing $4,850 over the last three years.

The document also outlines a staff Easter egg hunt in 2014 costing more than $900 and says staff members were treated to a Christmas gift costing $100 to $150 each for a total of almost $8,000 in the last three years.

The document also shows three staff Christmas dinners cost more than $5,000 — the association's website lists 22 staff members.

The association also appears to have treated staff to Taste of Edmonton tickets costing $1,600 in 2014 and around $1,000 in each of 2013 and 2012.

Education Minister David Eggen says what he has heard "seems very inappropriate."

"I will certainly speak to school boards to ensure that they are providing a degree of transparency and direction to the Alberta School Boards' Association to make sure that the monies that ultimately are public monies are being spent in the best way possible," Eggen said in Edmonton on Thursday.

The taxpayers group wants the school board association to retroactively post detailed expenses and receipts online.

The group also wants the Alberta government to make the board subject to freedom-of-information requests.

THE CANADIAN PRESS

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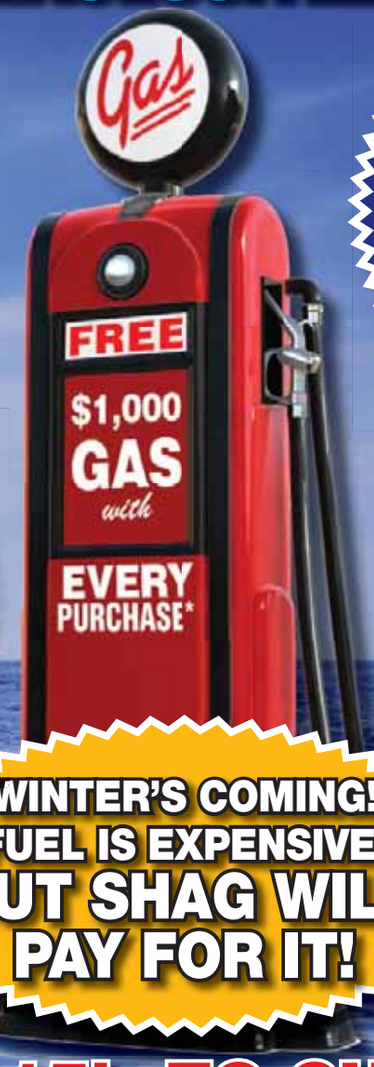

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CBE

Long walks to bus stops shortened

Aaron Chatha
Metro | Calgary

Amanda Thompson is feeling a wave of relief now that her six-year-old daughter doesn't have to walk a dangerous path up Shaganappi Trail to reach her school bus stop.

Just days before the school year started in September, Thompson found out her daughter would have to walk 30 minutes alongside a high volume of traffic, where there was no sidewalk — only a strip of cut grass — to reach her new congregated bus stop.

She was not the only parent with concerns, and in mid-October the CBE began modifying routes and adding buses in to bring down walk distances.

"(Now) it's about a five-minute walk to her bus stop, which is a lot closer than I was expecting it to be," said Thompson. "Our mornings and afternoons are way less stressful."

The CBE told Metro, as of Oct. 27, they have added 81 new buses to ensure students riding yellow school buses will not have to travel further than 1.6 kilometres for elementary students and 1.8 kilometre for junior high and high school students.

New routes were created and additional stops were added to existing routes. The CBE now has 851 yellow buses serving 1,095 routes.

However, the Calgary Association of Parent School Councils, which has been critical of the CBE, said it believes the minimum walk distances are still too far.

"Certainly those parents who had extreme walk distances are relieved that they have now been fixed, but we do note that the maximum walk distance for our youngest children still equates to 30 minutes in the winter, and that is something we're hoping the CBE addresses," said Lisa Davis, CAPSC president.

MORE LOCAL NEWS ONLINE

Premier Rachel Notley is out east pushing for a national climate change plan. THE CANADIAN PRESS FILE

Canada needs to be climate leader: Notley

ENVIRONMENT

Premier keeps making case for climate change plan

Premier Rachel Notley says Canadian families are paying for the failure of former conservative governments in Ottawa and Alberta to deal with climate change.

And she warns the energy sector will not be able to support thousands of well-paying direct and indirect jobs across the country if governments continue with discredited and failed policies of the past.

"Ignoring climate change is no way to develop the energy industry," the Alberta premier said in a prepared speech she gave Thursday evening at the Broadbent Institute Progress Gala.

"Canada needs to become a world leader on climate change — a world leader instead of the world's political football, as we were at the hands of our principal market and partner last week."

Last Friday, U.S. President Barack Obama denied a permit for the Keystone XL pipeline, a project that would have transported huge volumes of bitumen from Alberta's oilsands to refineries on the U.S. Gulf Coast.

> **We will do what needs to be done.**
> Premier Rachel Notley

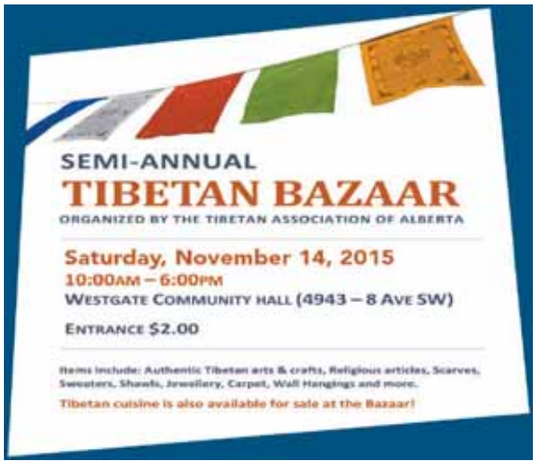
Notley said since the NDP took power last May, it has been working on a climate change strategy for Alberta. Some details are to be announced before she leaves later this month for the UN conference in Paris.

She said her government's priorities include using less coal to fuel electricity generating plants, introducing an energy efficiency program and other measures to reduce carbon emissions.

Alberta has already announced that it will double its carbon levy on large industrial emitters within two years.

Notley said her government is also determined to challenge what she called other "orthodoxies" of the past by pushing for better policies for child care, parental leave and a higher minimum wage.

THE CANADIAN PRESS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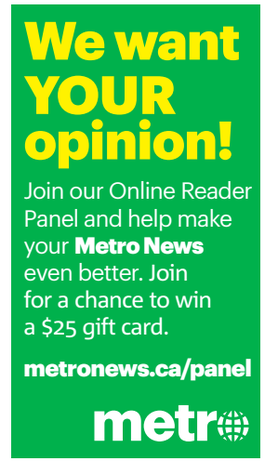
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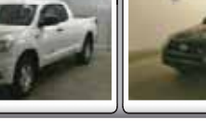

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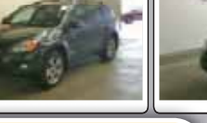

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Students Sheena Yan, Vy Tran, Masahiro Tateishi, Shigeyoshi Suzuki, Tia Meng and Zhiping Song. AARON CHATHA/METRO

Art tells students' tales

CULTURE

Internationals describe their challenges in coming here

Aaron Chatha
Metro | Calgary

Students at John Diefenbaker High School geared up for International Education Week by creating art to talk about moving to Canada — and what surprises the Great White North had in store for them.

"We're from a warmer place in China. In the summer we wear T-shirts," said student Tia Meng.

"After we came here, we wore jackets and scarves."

As Meng adjusted to the weather, she also overcame another big fear she had before setting foot in Canada: being able to speak English.

"But after we got here, we discovered there are a lot of international students like us, and we could communicate with each other and local students to improve our English," she exclaimed. "So now, we are not afraid."

The international students depicted their journeys through typographic poems and illustrations of the weather, nature and even two cities connected by a heartbeat — indicating the importance of old homes and new.

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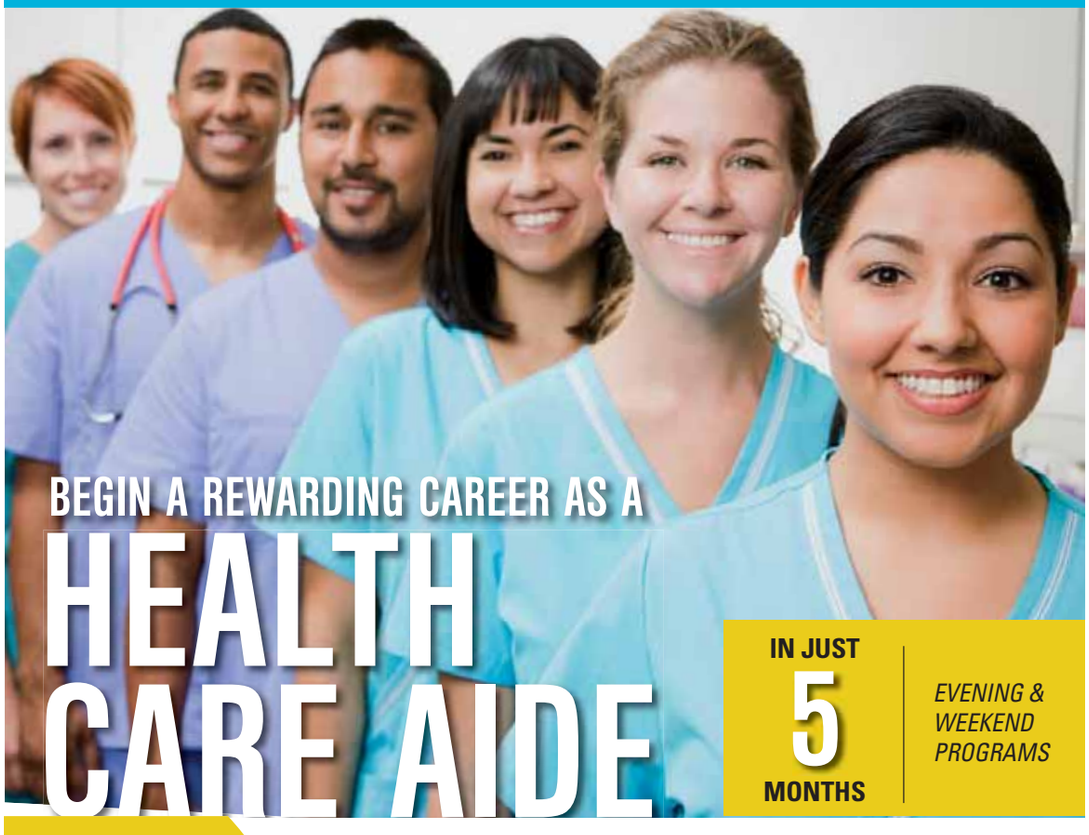

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LOBBYING

MADD seeks tougher high-driving tests

Jeremy Simes
For Metro | Calgary

MADD Canada hopes the new Liberal government beefs up legislation that allows police to better test drivers who might be drug-impaired, given the government's plans to legalize pot.

Tracy Franklin, past president of the organization's Calgary chapter, said the organization is ramping up campaigns involving drug-impaired driving as part of a five-year strategy.

"We'd like to see law enforcement have more tools at their disposal to be able to detect those who are drug-impaired and driving," Franklin said. "There are so many people who are drug impaired out there, and we need to get with the program."

But Keith Fagin, founder and director with Calgary 420 Cannabis Community — an advocacy group that looks to legalize the sale of marijuana through regulation — said the issue of being drug-impaired while driving is more complex than MADD is making it out to be.

He said people's tolerance levels — especially for those who use medicinal pot — can be high, meaning some may have more weed in their systems without being impaired.

"Regular medical consumers aren't going to be impaired like a person who consumes on the weekend," Fagin said.

Federally, section 253 of the Criminal Code of Canada deals with impaired driving, prohibiting the use of alcohol or drugs — including prescription medication — while operating a vehicle.

A survey commissioned by the Canadian Centre of Substance Abuse found 4.5 per cent of drivers were impaired by drugs. Of that number, 63.8 per cent tested positive for cannabis.

Marijuana advocates say testing is not as easy as using a breathalyzer. METRO FILE

CRIME

Seniors charged with selling stolen goods

Two seniors have been arrested in what Calgary police call an "organized retail crime" scheme in which stolen goods appear for sale in local markets.

Sonia Kereluk, 75, and William Henry Fisher, 69, have been charged.

"I don't think age determines whether someone will commit a crime or not," Const. Lara Sampson said. "It is hard times, and they were able to make money selling illegal property."

Officers were tipped off by a retailer that stolen goods were being sold at a flea market in the 1300 block of 5th Avenue N.W. on Oct. 25.

This prompted a police investigation, and on Oct. 28 police raided a home and van in the northwest and found stolen goods worth approximately $56,000. Police said the goods were stolen from several different retailers.

AARON CHATHA/METRO

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SCENE YYC

Tresa Gibson is holding her first exhibition at Studio Space

Lisa Wilton
For Metro | Calgary

Calgary artist Tresa Gibson became passionate about painting after taking a painting class 11 years ago. Her first independently produced exhibition takes place Friday and Saturday at The Studio Space. LISA WILTON/METRO

From the moment she first put paint on canvas, Tresa Gibson knew she had found her calling.

She'd decided to take a community art class and found very quickly she had a natural aptitude for art.

"I was high as a kite by the end of that first class," said Gibson, referring to her initial euphoric feeling of discovering a new talent.

That was 11 years ago. Now, the 42-year-old Gibson is an in-demand artist, whose work hangs in galleries across Canada and in the offices of several big companies, including Bank of Hong Kong, Vantage and ATCO Midstream.

Gibson — who works out of her home studio in Calgary's West Springs — is getting ready to move more than 30 paintings from her garage to The Studio Space, where she's holding her first independently-produced exhibition.

Titled The Gifts of Imperfection, the show features Gibson's colourful landscape and floral paintings, striking cityscapes and more recent abstract works.

She says the title of the exhibition comes from accepting her vulnerability as a "courageous way to deal with adversity."

Growing up with alcoholic parents, Gibson internalized a lot of negative emotions, especially after her parents left her to fend for herself at age 17.

She was married by 21 and gave birth to her first child eight years later. But Gibson was faced with another serious challenge when her then three-year-old son began having life-threatening seizures. She spent several years nursing him back to health, even while struggling with post-traumatic stress disorder.

"I've had a lot of trauma in my life," said Gibson.

"I've had to heal from it and learn from it. This led me to incorporate more feeling, emotion and experience into my art. I now have abstracts that are really representative of my thoughts."

Although her marriage didn't survive, Gibson says she's thankful for her son's improved health and for having an artistic outlet.

"Sometimes I get scared because I'm a single mom doing this trying to make a living," she said. "The fear is I don't get a regular paycheque. If I haven't been in the studio for a week, I'll go and buy some new oils and a canvas and the minute I'm putting paint on the canvas, the phone starts ringing with bookings. It's a weird little magic."

TICKETS

Tresa Gibson's The Gifts of Imperfection exhibition takes place The Studio Space (504, 42 Ave. S.E.) Friday from 5 until 10 p.m., and Saturday between 11 a.m. and 3 p.m.

For more information, go to www.tresagibson.ca

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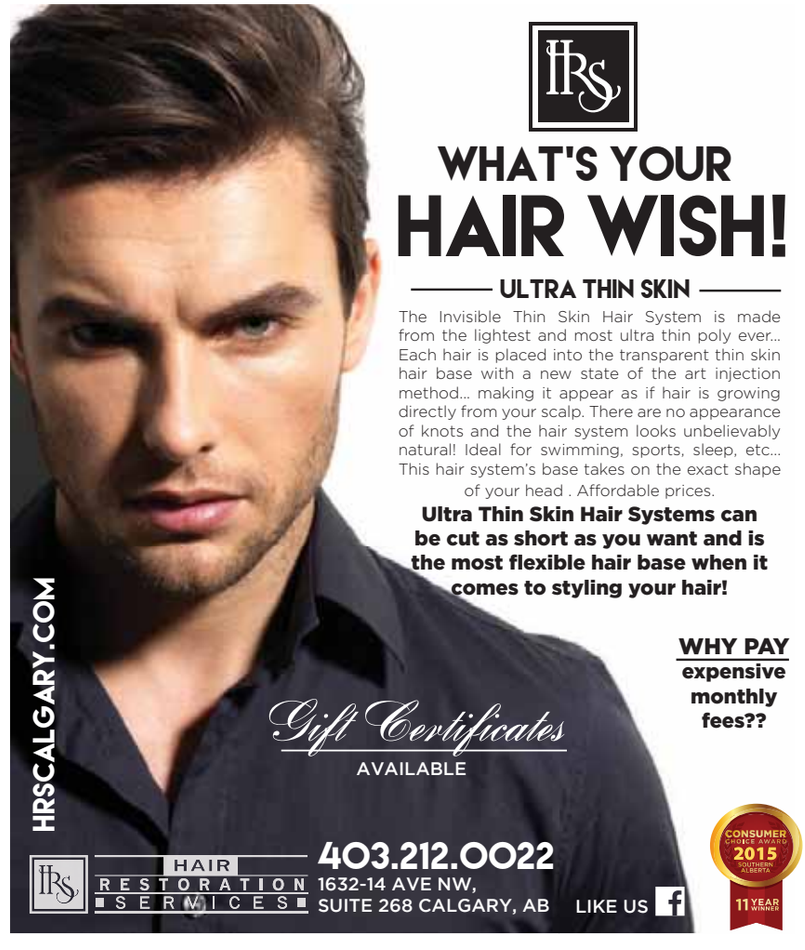

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Sofar Sounds set for city

MUSIC

Organizers hope program gives artists new venues

Jeremy Simes
For Metro | Calgary

Winnie Huang is part of small team of volunteers who are bringing a popular web portal that connects Calgarians to intimate gigs throughout the city. Called Sofar Sounds, the program — which can be accessed in 190 countries — hopes to give Calgary's keen music listeners the real deal, Huang said.

"The original founders were tired of seeing local acts play at places where everyone was talking and there wasn't much appreciation," she said. "So this allows these bands to have a very attentive and appreciative audience. I think it makes the experience special to everyone."

But how are performers guaranteed the audience will be attentive? Well, there are guidelines attendees must follow, Huang said.

No texting, talking, or leaving early, she said. Plus, those who sign up to go to a show don't know who will be playing, and won't know the location until the day before.

Jesse Shire, singer and banjo player for the band Rosalind, said Sofar Sounds looks to build upon the house show community in the city. "I'm excited to see where it goes and hopefully I'll be able to participate."

The next show is slated to be at a home in the northeast on Nov. 28 at 7 p.m. More info can be found at sofarsounds.com/calgary.

Winnie Huang went to her first Sofar Sounds in Vancouver, and was mesmerized by the experience. JEREMY SIMES/FOR METRO

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MOUNT ROYAL UNIVERSITY

Rooftop greenhouse turns over a new leaf

Helen Pike
Metro | Calgary

The Mount Royal University has a secret garden with a weedy past.

Perched high above the ground-floor gardens is MRU's rooftop greenhouse, which once was in danger of withering, is now thriving with new life as it's being discovered by students and professors again with fresh funding dollars to keep it growing.

About ten years ago the greenhouse became a wilting despair after the school hired contractors for some much-needed fixes. As contractors worked away on the five-room facility, they killed off plants in the process, leaving the greenhouse in good working order with notably less green.

"After the workmen damaged the plants — I don't want to blame them — classes stopped coming up here, because there was nothing to look at," said Diana Fletcher, a professor in the department of environmental sciences.

To restore the once lush greenery MRU was awarded a $21,000 grant from the TD Friends of the Environment Foundation — seed money which spurred a cleanup and provided the tropical growing facility with several plant species including pitcher plants.

Shane Steininger, a third-year environmental sciences student, said that not all students have interests in oilfield studies, and a science program in Alberta, so close to big oil, can be heavy on crude studies.

Professor Diana Fletcher and student Shane Steininger in the Mount Royal University greenhouse. HELEN PIKE/ METRO

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Women artists rock Femme Wave festival

Q&A

Inclusive event for all music, comedy, visual art fans

There's a new festival in town and everyone's invited. Although Femme Wave Calgary Feminist Arts Festival — which takes place Nov. 28 and 29 at various venues around town — focuses on the talents of female artists and performers, organizers say it's an inclusive event that will appeal to open-minded music and arts fans.

Co-founder Kaely Cormack tells Metro why Femme Wave is an important addition to the Calgary festival scene:

When were the seeds of the Femme Wave first planted?
Hayley Muir and I originally had the idea for the festival about two years ago. We play in a local punk band, and found ourselves playing a show at Pizza Bob's, where every band had at least one woman in it. We were amazed, but also disappointed that we were so surprised by it. So we had the idea to put on a really big rock show with almost all women performing, but then kept snowballing the idea to add comedians and visual artists and basically showcasing all these rad women we know that do really great things in our city.

Femme Wave co-founders Hayley Muir and Kaely Cormack. The festival runs Nov. 26 until Nov. 29 at various venues around town. COURTESY ADAM DULLUM

Why is Femme Wave an important addition to Calgary's arts scene?
The Calgary arts scene is amazing, but there aren't many major events happening that showcase the women in our scene. When we started thinking about programming for Femme Wave, we had an endless list of talented women we wanted to highlight.

How supportive have Calgarians been of the festival so far?
We've been overwhelmed by the support we're receiving from friends, acquaintances and even complete strangers. As soon as we launched our social media we received messages from people offering to volunteer, wanting to perform, and even offering venues for the festival.

There are people who think of feminism as a bad word. How do you fight against those misconceptions?
Feminism simply means that women should have equal social, political and economic rights to men. The fact that people still hear the word feminism and react negatively shows how far we still have to go. When we created the festival, we put our feminism out front and wanted to make it known that we are creating this festival for women by women.

See the full interview at metronews.ca

WEEKEND EVENTS

Friday — Andrea Superstein at Lolita's Lounge
The Vancouver-based jazz-pop singer performs as part of the JazzYYC Canadian Jazz Festival taking place in various venues around town this weekend. Superstein's eclectic repertoire includes jazz standards and memorable originals. She also covers a diverse range of artists, including Bananarama and Radiohead. Fans of fellow Canadian jazz-pop chanteuse Jill Barber will dig Superstein's sound.
Jazzyyc.com

Saturday — Calgary European Film Festival at The Globe Theatre
Now in its fourth year, the Calgary European Film Festival brings some of the best most intriguing recent foreign language movies to the city. Saturday's offerings include Ce lume minunata (What a Wonderful World) from Moldova, More Than Honey from Switzerland and Kauboji (Cowboys) from Croatia. Calgaryeuropeanfilmfestival.ca

Saturday — '80s Solid Gold 2: A Musical Revue
Are you a child of the 1980s? Or at least wish you were? This sequel to Stage West's original hit '80s musical revue features more memorable songs from the decade of frosted blue eye shadow and sky-high bangs. Michael Jackson, The Pointer Sisters, Tina Turner, Billy Idol and Van Halen are just a few of the artists spotlighted.

Sunday — Just for Laughs Comedy Tour at Jack Singer Concert Hall
The annual Just for Laughs Comedy Tour returns to town with The Relationship Edition. The talent-packed 15th Anniversary show stars Gerry Dee (CBC's Mr. D), Robert Kelly (Louie), Cristela Alonzo (Cristela) and Just For Laughs favourite, Graham Chittenden. The four comics are no strangers to Just For Laughs and will bring their best jokes about family, marriage and love to the Jack Singer. Tickets can be purchased through artscommons.ca

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MOUNT ROYAL UNIVERSITY

Vivacity YYC challenges students to make changes

Jennifer Friesen
For Metro

As an urban studies student at the University of Calgary, 22-year-old Taryn Walker said she's always had a problem with "dead space."

"It's difficult to really see an underutilized space when you pass by," she said. "But they have potential to connect an area."

Walker is one of 48 students who accepted a 24-hour challenge for the Vivacity YYC program at Mount Royal University (MRU). From Thursday to Friday, they will plan to resurrect a "dead space" in the neighbourhoods of Bowness, Crossroads, Currie Barracks, Montgomery and Scenic Acres.

Along with students from six post-secondary institutions, Walker was tasked with transforming Bowglen Park into an economically, socially and environmentally valuable space for Bowness.

Student Taryn Walker JENNIFER FRIESEN/FOR METRO

"I used to spend a lot of time in the parks down in Bowness, so I know it has a lot of potential," said Walker. "And to be able to bring the community back together after the flood, that's something that hits home to me."

It's the fourth year the marketing agency Design4Change has held a 24-hour challenge, but this is the first year multiple schools have been involved.

"In post-secondary I think we're naturally competitive with each other," said Tyler Massie, managing director of Design4Change.

Tia Halliday's work looks to delve into the theme of living in colour. JEREMY SIMES/FOR METRO

Breaking boundaries

ART

Shifting exhibit gives chance to literally stand inside a piece

Jeremy Simes
For Metro | Calgary

Tia Halliday had a gut feeling she had to infuse the human body with the "skin" of a painting.

Halliday — who loosely titled her work Chroma/Moto/Philia — is the third artist to take up Contemporary Calgary's Next2015 exhibit at the organization's city hall location.

However, her pieces had to build upon the works of two artists — Jake Klein-Waller and Dana Buzzee — who formerly used the space for their own exhibitions.

She said Klein-Waller and Buzzee's work gave her the concepts of breaking boundaries and observation, respectively.

"(Klein-Waller) used natural elements in the space that essentially squeezed through the cracks of the floor and the walls, which displayed the breaking of the institution," she said.

And while she observed Buzzee's knitted sculptures, she noticed they seemed to make an incredible presence around the "magic hour": when the sun is a couple hours from setting.

"Her work made me think of the idea of just sitting with something and thinking," she said.

One of her pieces, for example, is made of tutu fabric that's attached to an all-pink canvas, where the fabric slightly dangles below the base.

Someone can literally stand inside the art piece, with their legs out while the fabric stretches and covers the rest of their body.

"You're basically inside a painting," she said. "I still don't know what to call it, but I feel like it's desperate — it wants your attention and doesn't want you to forget about it."

> **You're basically inside a painting.**
> Tia Halliday

But Halliday will say goodbye to work come Saturday, and will pass the torch to Quartet in Transit, an artistic duo who've interviewed the former exhibitors and plan to create a technological synopsis via their analysis.

"We wanted to document and bring back the earlier emotions of the space," said Quartet in Transit's Jack Michielsen, adding the final details of their work have yet to be determined.

Where food, drink meet politics

Ever wondered where politicians and parliamentary staff hang out after a long day of important decision-making and problem solving? Some of Ottawa's many pubs and restaurants are frequented by the likes of federal party leaders and their caucuses — and you may be surprised at how much information is shared over a glass of Chardonnay.

1 He knows just how you like your martini — Xavier McNeill mixes a martini behind the bar at Zoe's Lounge inside the Fairmont Chateau Laurier.

2 An elegant pour for those on the floor — Bartender Elizabeth Gould pours a glass of Sancerre Daniel Chotard inside Luxe Bistro in the ByWard Market.

3 Getting to the pint — From left: Ian McKierahan, Paul Sanderson, and Rob MacDonald wind down with some pints at Sir John A Pub on Elgin Street.

POLITICAL BUZZ

Jessica Murphy

One of the first signs of a power change in political Ottawa is the sight of the Liberals creeping back into D'Arcy McGee's.

The venerable Sparks Street bar had been home to a political tussle when Stephen Harper's Conservatives came to power in 2006 and, early on, ousted the Liberals from the favourite watering hole, says photographer Mitch Raphael, who has covered the Ottawa social scene for years.

But nine years later, with Justin Trudeau's Liberals back in power, D'Arcy McGee's is looking more and more like a resurgent Grit hangout in the post-federal election power shift.

Ottawa's 5-to-7 after-work hours are an "incredible time for information sharing," say Greg MacEachern, vice-president of government relations at Environics.

"Despite all our mobile devices, a lot of information in Ottawa is transmitted over a glass of wine and an hors d'oeuvre," he said.

Photographer Raphael says there's a definite drinking culture on the Hill.

"There's a reason they all have (drivers)," he said.

There are a few factors that go into making a spot a regular hangout for political power players and their hangers on — chief among them proximity to Parliament Hill.

> **The top spots are ... Metropolitain, D'Arcy's, Hy's and Brixton's.**
> Greg MacEachern

"The top spots are — you can almost draw a straight line — Metropolitain, D'Arcy's, Hy's and Brixton's," MacEachern said.

With the historic Hy's Steakhouse closing shop next year, the up-and-coming Bier Markt is still central in the city's political topography.

There are several factors that influence where politicos hang out. Beyond location, service counts. Having a favourite drink appear magically on the bar at a given establishment is an experience that has won over the hearts and the wallets of many a political staffer.

Then there's partisanship — a Liberal pub, an NDP bar, a Tory brasserie — with political tribes staking claims to specific spots even though the businesses themselves welcome all customers.

Summa Strategies consultant Angela Christiano also expects an uptick in official receptions in early 2016 as stakeholder groups try to get their issues on the Liberal government's radar and build relationships with new MPs and their staff in a social setting.

"It gives that casual opportunity to have an off-the-cuff conversation," she said.

With upwards of three events a night being hosted on and around the Hill at peak times in the political calendar, it makes for a busy reception circuit.

"We call it speed dating for MPs," said MacEachern.

THE LUXE

Another bar to look out for

The night before he was sworn in as prime minister, Trudeau, his top aides and the entire soon-to-be Liberal cabinet gathered at the Luxe bistro in the ByWard Market for a private party.

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Be nice, cabinet told

POLITICS

Trudeau tells ministers to co-operate with everyone

Working well with others — including people in the media — is now officially part of the job description for Canadian cabinet ministers.

The "mandate letters" given to every minister are setting a new bar for co-operation in Justin Trudeau's government, according to one letter obtained in advance of the expected public release.

In fact, if the sheer word volume in these letters is any indication, co-operation seems to be the top item on the to-do list of Trudeau's team.

Ministers are being warned that they will be judged by how well they treat a whole raft of people — everyone from business to labour, stakeholders and citizens, and yes, the opposition and the media too.

"Members of the Parliamentary Press Gallery, indeed all journalists in Canada and abroad, are professionals who, by asking necessary questions, contribute in an important way to the democratic process. Your professionalism and engagement with them is essential," the letter states.

This is, we'll remember, a slightly more formal way of saying what Trudeau told a crowd of people booing reporters during the last week of the election campaign. "Hey! We have respect for journalists in this country," Trudeau chided unruly Liberals at a campaign stop in Montreal. "They ask tough questions and they're supposed to. OK?"

One group of people is singled out as well in the mandate letters for special treatment from government. "No relationship is more important to me and to Canada than the one with Indigenous Peoples," the letter states.

The notable feature of these mandate letters, as mentioned, is the amount of words devoted to culture change of the kinder, gentler sort. "Open by default" is an operating principle.

One senior Liberal said this week that the Trudeau team needs to hammer home the instructions about co-operation because they represent a massive shakeup to the status quo, or at least the operating culture of the past decade or so in Ottawa. "A lot of people just aren't used to this; it's totally new," the senior Liberal said.

Former prime minister Stephen Harper gave mandate letters to his ministers too and asked for yearly updates on their priorities. But the letters were never made public, and it's probably safe to bet that they didn't give all these warnings on co-operation, especially not with the media.

TORSTAR NEWS SERVICE

Prime Minister Justin Trudeau talks to media after holding a meeting with cabinet. FRED CHARTRAND/THE CANADIAN PRESS

SYRIAN CRISIS

Refugees screened before, after arrival

Some security screening will be conducted on Canadian soil as the Liberals push to bring in 25,000 Syrian refugees by the end of the year, Public Safety Minister Ralph Goodale says.

25K

Number of Syrian refugees Canada plans to settle. Quebec will welcome 6,000 of those.

Goodale told reporters that security checks on the refugees will be conducted both before and after the refugees begin arriving in Canada.

"It will be a combination of both," Goodale said after a cabinet meeting Thursday.

Security concerns were among the chief reasons the previous Conservative government advocated for moving slower on the refugee file — although Harper's former chief of defence staff, Rick Hillier, suggested those were overblown.

TORSTAR NEWS SERVICE

IN BRIEF

NDP entrusts long-time MPs with critic roles

Tom Mulcair will rely on veteran members of his team — like Nathan Cullen, critic for environment — to help the NDP flex its muscles in Parliament. Charlie Angus has been named critic for indigenous affairs, and B.C.'s Don Davies will focus on health.

THE CANADIAN PRESS

Posties continue challenge

The Canadian Union of Postal Workers says it will continue with its Federal Court challenge of Canada Post's decision to end home mail delivery. Sylvain Lapointe, a national director of the union for the Montreal area, said the legal challenge, which includes several groups including the disabled and retirees.

THE CANADIAN PRESS

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Paul Bernardo, shown in 1993, is selling a 631-page story about a planned terrorist attack against the United States. The Kindle version sells for $7.77. KEITH BEATY/TORSTAR NEWS SERVICE

Bernardo sells e-book

SERIAL KILLER

Scarborough rapist's novel as graphic as his murders

Paul Bernardo, Canada's most notorious serial killer, is selling an e-novel on Amazon.com while serving a life sentence for the sex slayings of schoolgirls Kristen French and Leslie Mahaffy.

A MAD World Order is a 631-page book about the "top echelons" of the Russian government planning a catastrophic strike against the U.S. in a bid to regain superpower status.

Cover of A MAD World Order

A Kindle version of the book sells for $7.77. Amazon says writers can use its Kindle Direct Publishing to get a book on Kindle stores worldwide within 24 to 48 hours. Writers can earn "up to 70 per cent royalties" on sales to customers in countries including Canada, the U.S., the U.K. and Japan.

Tony Bryant, Bernardo's lawyer, told Global News in an email: "I am advised that Mr. Bernardo has written a book."

Global quoted an excerpt about Al Qaeda "martyrs" committing suicide after a terrorist attack. "Flattened on impact the bullet tips tore through the interiors pushing their brains along with it...," it reads. "Both bodies slumped forward revealing the blood droplets, hair and chunks of grey matter oozing down the sheet from the two impact stains."

Bernardo is in solitary confinement in Millhaven Institution in Bath, Ont. Convicted 20 years ago of murdering French and Mahaffy, he was sentenced to life in prison with no hope of parole for 25 years.

After learning of Bernardo's e-novel from Toronto News Service, lawyer Tim Danson called it "disturbing, obviously."

"My biggest question is whether the novel directly or indirectly references any of his offences," Danson said.

"If not, then there is likely nothing illegal because he is not profiting from his offences. He has a constitutional right to free speech."

Customer reviews on the Amazon website for Bernardo's book criticize the publishing giant for giving a sales platform to a notorious killer. "I will do no further business with Amazon while it allows this scum to profit," states one.

Amazon has not yet responded to inquiries from Torstar News Service.

TORSTAR NEWS SERVICE

MONARCHY

Trudeau looks to avoid fancy footwork

Thirty-eight years after his father caused an international sensation with a pirouette behind an oblivious Queen, Justin Trudeau is going to meet the monarch.

The prime minister says he's looking forward to meeting the Queen on his way to Malta near the end of the month.

Trudeau will visit her before attending the Commonwealth heads of government meeting in Valetta Nov. 27-29 and later the United Nations climate change conference in Paris.

Former prime minister Pierre Trudeau, known for his flamboyance, was caught on camera doing a pirouette behind the Queen in May 1977 as they took part in a G7 summit in London, England.

Years after what many thought was a spontaneous event, one of Pierre Trudeau's aides revealed that the gesture was planned and even rehearsed as a show of disdain for a palace protocol.

This time, the younger Trudeau is indicating that he doesn't share that attitude.

"I am absolutely delighted that Her Majesty has graciously agreed to this meeting," he said in a statement. "As the Queen's 12th Canadian prime minister, I am honoured and very much look forward to spending this time in conversation with her."

THE CANADIAN PRESS

Queen Elizabeth II GETTY IMAGES

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EU's passport-free area under threat

EUROPE

Nations take action to slow huge influx of migrants

Slovenian soldiers set barbed wire fences on the Slovenian-Croatian border near Rakovec on Thursday. AFP/GETTY IMAGES

Passport-free travel in Europe is under threat as countries reintroduce border controls, toughen security and build fences in response to the biggest refugee emergency the continent has seen in decades.

The Schengen open-borders zone uniting 30 countries is a pinnacle of European achievement. It underpins the EU economy, allowing goods, services and people to cross frontiers without checks.

But Sweden says security at its borders cannot be assured and announced checks were resuming on Thursday, while tiny Slovenia has begun erecting a fence to stem the flow of people from Croatia, the second nation, after Hungary, to resort to such a measure.

These uncoordinated and unilateral actions in response to unpredictable movements of thousands of people have raised doubts about whether the passport-free area can survive the migrant challenge.

"Saving Schengen is a race against time," EU Council President Donald Tusk warned on Thursday after a migration summit with European and African leaders in Malta.

He cited individual moves by Germany, Sweden, Slovenia and others in response to what they see as threats to their border security from thousands of migrants streaming in from Africa, the Middle East and Asia.

"Without effective control of our external borders, Schengen will not survive," Tusk said.

The two-day summit was meant to focus on how to send back to Africa those who don't qualify for asylum and discourage others from attempting the risky journey across the seas in search of a better life.

THE ASSOCIATED PRESS

BURUNDI

UN decries killings amid genocide fear

A Burundian soldier guards a street in the troubled nation. THE ASSOCIATED PRESS

The UN Security Council unanimously approved a resolution Thursday condemning killings in Burundi and threatening sanctions, while international leaders urgently called for the government and opposition to meet amid fears the African nation is at risk of genocide.

Witnesses say the killings, torture and human rights violations are the result of a government crackdown on opposition members. Statements by Burundian officials last week echoed language used in the 1994 genocide in neighbouring Rwanda, where more than 800,000 ethnic Tutsis and Hutu moderates were slaughtered in a campaign orchestrated by Rwanda's Hutu-majority extremist government.

Like Rwanda, Burundi has a history of tensions between its Hutu and Tutsi ethnic groups. At least 240 people have been killed in Burundi since protests began in April against President Pierre Nkurunziza's ultimately successful quest for a third term.

"We know how high the stakes are," Britain's UN Ambassador Matthew Rycroft said after the council vote. "We know that in the worst case what we're talking about is a possible genocide, and we know that we have to do everything we possibly can to prevent that."

The French-drafted council resolution asks UN Secretary-General Ban Ki-moon to deploy a team to Burundi to work with the government, African Union and other partners to "develop options to address political and security concerns."

THE ASSOCIATED PRESS

Army reaches out to NLD

MYANMAR

Suu Kyi's opposition party nears majority

Myanmar's official vote count inched closer Thursday to confirming a parliamentary majority for Nobel laureate Aung San Suu Kyi's opposition party, as the military establishment that has been her nemesis for decades appeared ready to toss in the towel.

While the army has not conceded defeat for the ruling pro-military Union Solidarity and Development Party, it has acknowledged the massive success of Suu Kyi's National League for Democracy in Sunday's election and pledged it will respect the final results. Those results seem virtually certain to allow the opposition to take over the government.

The office of army commander Senior Gen. Min Aung Hlaing said the military will hold talks with Suu Kyi after the election results are complete. Suu Kyi issued an invitation on Wednesday for a meeting with the commander, along with President Thein Sein and House Speaker Shwe Mann.

Results issued so far by the Union Election Commission support unofficial numbers from the NLD and local media pointing to a landslide win for the pro-democracy crusader and a resounding rejection of military rule. While the opposition may soon have enough confirmed seats for a parliamentary majority, it could still be another week or so until all votes are tallied.

2

The number of seats the NLD party needs to reach a majority in Parliament

Attention is riveted on the "magic number" for Suu Kyi's party. The election commission's latest announcement Thursday showed the NLD needs just two more seats to reach the 329 it needs for a majority in the 664-member, two-house Parliament.

THE ASSOCIATED PRESS

A vendor sells calendars with a portrait of Myanmar opposition leader Aung San Suu Kyi in Yangon on Thursday. ROMEO GACAD/AFP/GETTY IMAGES

IN BRIEF

Charlie Hebdo needs 'new team,' survivor says

A surviving member of Charlie Hebdo's editorial staff says the satirical newspaper devastated by a terror attack on Jan. 7 needs a new team, but that the publication is more important than ever. Patrick Pelloux, a writer and doctor, said the newspaper needed people to help "rediscover the meaning of caricature."

THE ASSOCIATED PRESS

Supreme Court upholds life sentence for captain

South Korea's Supreme Court on Thursday upheld a life sentence for the captain of a ferry that sank last year, killing more than 300 people. The court upheld a lower court that sentenced Lee Joon-seok, 70, to life imprisonment for charges that included homicide. The court ruled Lee committed homicide by "wilful negligence," concluding he fled his ship without giving an evacuation order, although, as captain, he is required by law to try to save his passengers.

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Fireworks cloud the sky

INDIA

New Delhi under a toxic haze after its festival of light

The fireworks have fizzled. The festival lights are coming down. What's left of the Hindu holiday of Diwali in the Indian capital — the world's most polluted — is a toxic haze that has residents gagging for oxygen.

Air pollution levels across New Delhi on Thursday, a day after the ancient festival of lights, were described as severe-to-critical, up to eight times higher than what India deems acceptable and 20 times what's recommended by the World Health Organization.

Such pollution happens every year, as offices and businesses shut down for India's biggest gift-giving holiday and many set off powerful rockets at all hours of the night.

A government health advisory warned people to avoid all outdoor physical activity, citing a serious risk of respiratory effects following prolonged exposure to smoke-filled air.

An Indian man wears a **face mask to protect himself from smoke** during Diwali celebrations, or the festival of lights, in New Delhi, the Indian capital Wednesday. TSERING TOPGYAL/THE ASSOCIATED PRESS

Tourist Bazil Antonius, visiting from the northern city of Chandigarh, said he had trouble breathing Wednesday as fireworks exploded overhead.

"Diwali is a lovely festival," Antonius said. "But the fireworks cause pollution, which is adding to the pollution in Delhi."

> **"Diwali is a lovely festival but it is adding to pollution**
> Bazil Antonius

Restaurant worker Naresh Maggo, 29, said he still looked forward to bursting small fireworks with his children, but that the noise and air pollution made him think "we shouldn't overdo it."

Public alarm over rising pollution has seized the capital in recent years, with newspapers carrying regular stories on levels of particulate matter called PM2.5 — small enough to penetrate deep into the lungs.

Last year, WHO named the Indian capital as the world's most polluted, with 12 other Indian cities ranking among the world's most polluted 20.

Another study in February estimated 660 million Indians — roughly half the population — were losing three years of their lives due to exposure to air pollution across the country.

India, like its giant neighbour China, has seen pollution skyrocket with rapid economic growth and a reliance on burning coal to generate electricity. It has also seen an explosion in the number of vehicles on the road, while hundreds of millions of impoverished people still use wood, kerosene or whatever they can grab at the garbage dump to build fires for cooking or keeping warm on winter nights.

THE ASSOCIATED PRESS

IN BRIEF

Russia's torpedo video leak may be no error

Details of a new Russian submarine-launched nuclear torpedo have been shown on state-controlled TV, a secret the Kremlin said should never have been aired. Some observers, however, saw it as a deliberate leak.

The airing of the video on television channels under tight Kremlin control raised suspicions that it was done intentionally to scare the West at a time when its ties with Russia are at the lowest point since the Cold War.

THE ASSOCIATED PRESS

Suicide bombers rock Beirut with double blast

Twin suicide bombings struck a Beirut suburb that's a stronghold of the Shiite group Hezbollah on Thursday, killing at least 43 people in the Lebanese capital.

The attack was quickly claimed by the extremists Islamic State group, which is fighting in both neighbouring Syria and Iraq.

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‘Goodfella’ plans to forget about it

ORGANIZED CRIME

Freed veteran of mob rushes home for good food after trial

Vincent Asaro leaves Brooklyn federal court Thursday after his surprise acquittal. BRYAN R. SMITH/THE ASSOCIATED PRESS

An aging mobster who stayed mostly in the shadows for decades by adhering to the Mafia’s strict code of silence was acquitted Thursday of charges he helped plan a legendary 1978 Lufthansa heist retold in the hit film “Goodfellas.”

A federal jury reached the surprising verdict at a Brooklyn racketeering trial where it heard testimony that portrayed 80-year-old Vincent Asaro as a throwback to an era when New York’s five organized crime families comprised a secret society.

Asaro jumped up, pumped his fist and clapped after the verdict. When he walked out of the courthouse, he threw his hands up in the air and hollered: “Free!”

“I was shocked, I was really shocked,” Asaro said outside. “I’ve got two years in, and I’m dying to get home.”

He said his first priority now was to have a good meal with his family after the arduous trial.

“Right now I’ve been eating bologna sandwiches,” he said.

Asaro said he believed the jurors found him not guilty because the prosecution’s case amounted to“overkill.” “She must’ve put 30 agents on the stand, all lies,” he said of the prosecutor.

The U.S. attorney’s office declined to comment after the verdict.

As he hopped into a waiting car, the freed Asaro quipped to one of his lawyers: “Sam, don’t let them see the body in the trunk.”

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General strike disrupts life

GREECE

Thousands march to oppose bailout conditions

Clashes briefly broke out Thursday between riot police and protesters in central Athens during the first general strike since the country's left-led government initially came to power in January.

Youths broke away from a protest march by thousands as it passed outside parliament and threw Molotov cocktails at police who responded with tear gas and stun grenades. Demonstrators scattered, but calm returned within the hour.

Nearly 25,000 people participated in three separate demonstrations in central Athens, according to police figures, to protest a new round of bailout-related tax hikes and spending cuts. Another 10,000 marched without incident through the country's second largest city of Thessaloniki.

The 24-hour general strike caused widespread disruption.

The Athens metro and suburban railway shut down, while bus, trolley and train routes were reduced and ferries remained tied up in port, severing connections between islands and the mainland. More than a dozen domestic flights were cancelled.

The strike closed museums and archaeological sites, as well as state schools and pharmacies. Hospitals functioned with emergency staff, while many privately owned shops also shut down.

Prime Minister Alexis Tsipras' left-wing Syriza party, which leads the governing coalition, has backed the strike. The party's labour policy department called for mass participation to protest "the neoliberal policies and the blackmail from financial and political centres within and outside Greece."

Journalists also walked off the job, pulling news bulletins off the air except to report on the strike. News websites were not being updated, while no Friday newspapers were to be printed.

> **The children that are left behind have no future.**
> Katerina Kassimati

"They've deprived every Greek of hope for the future," said Katerina Kassimati, who works at a municipal preschool and was among the protesters. "We're of a certain age. The children that are left behind have no future."

Workers were protesting austerity measures imposed as part of Greece's third bailout — a three-year deal under which Greece will gradually receive up to 86 billion euros ($123 billion) in rescue loans from its partners in the eurozone in return for passing a raft of spending cuts and tax hikes. THE ASSOCIATED PRESS

A riot policeman tries to avoid a petrol bomb thrown by protesters during a rally in Athens on Thursday. THANASSIS STAVRAKIS/THE ASSOCIATED PRESS

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Students rally against campus racism

HIGHER EDUCATION

Solidarity shown for U of Missouri protesters

Thousands of students across the U.S. took part in demonstrations at university campuses Thursday to show solidarity with protesters at the University of Missouri, and to shine a light on what they say are racial problems at their own schools.

Students at some schools said they were emboldened to take a harder stance against racism by the protests that topped the Missouri president, who was criticized for his handling of racial complaints. Some of the Missouri students said they were inspired by the protests in nearby Ferguson, where the police killing of an 18-year-old black man helped give rise to the nationwide "black lives matter" movement.

From Boston College to campuses at the University of California, dozens of schools saw walkouts and rallies.

In recent days and weeks, students at some colleges have presented administrators with their own demands, inspired by those of the protesters at Missouri.

Often, the demands call for greater diversity on the faculty, more spending on scholarships for minorities, more instruction on tolerance and sensitivity, and more resources such as cultural centres.

Universities have responded by hosting diversity forums in recent days, or meeting to hear demands. THE ASSOCIATED PRESS

UCLA students stage a protest in solidarity with protesters at the University of Missouri, Thursday. NICK UT/THE ASSOCIATED PRESS

MARINE MAMMALS

Navy says sonar test impacts 'low-level'

The National Marine Fisheries Service said Thursday it has authorized the U.S. Navy's proposal to expand sonar testing and other warfare training off the Northwest coast, after determining the exercises would not have major impacts on endangered orcas and other marine mammals.

The Navy said the exercises are need to ensure its forces are ready for conflicts and noted that it has trained for decades in the area without significant effects on the animals.

The fisheries service renewed the Navy's five-year permit to conduct the activities in areas from the inland waters of Puget Sound in Washington state to the northern coast of California.

Environmentalists have fought to limit the areas and times when the Navy trains, saying the activities can kill and harass whales and disrupt the ability of marine mammals to forage for food and communicate with one another.

Environmental advocates have fought to limit areas in the Pacific Ocean, including waters off Hawaii and Southern California, where the Navy can train and test sonar. THE ASSOCIATED PRESS

An endangered female orca leaps from the water while breaching in Puget Sound west of Seattle. THE ASSOCIATED PRESS FILE

U.S. MILITARY

Defence secretary fires longtime aide

Defence Secretary Ash Carter suddenly fired his top military aide Thursday citing allegations of misconduct, and referred the matter to the department's inspector general.

Defence officials would not provide any details. A senior defence official says Carter learned of the allegations Tuesday night and referred the matter to the inspector general.

Carter in a statement says the Army may take any appropriate action against Lewis once the investigation by the inspector general is finished.

Defence officials said they could not even broadly characterize the allegations or say whether they involve any criminal activities, because of privacy law. The defence official said Lewis was not arrested and no other investigating authorities are involved. THE ASSOCIATED PRESS

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Smart gadgets move past fitness bracelets

TECHNOLOGY

Devices aim to cover every age and area of human health

After the smartphone and fitness bracelet, here comes the smart ring. And the smart pacifier. And smart rollator.

"Wellness" computers that monitor your pulse, temperature and other health indicators are becoming increasingly sophisticated and varied to cover every aspect — and age — of human life. Some products, like the ring by Finnish startup Ouraring, are specialized in optimizing physical training by tracking sleep patterns and physical activity. Others are looking to fit into health-care services struggling to cope with aging populations.

Health gadgets took the limelight at this week's Slush fair, a gathering of technology startups.

Lasse Leppakorpi, the founder and CEO of Beddit, a startup specializing in sleep-monitoring equipment, says new gadgets will increasingly change the role of doctors. "The focus of health care will shift from treating illnesses more toward responsibility of caring for one's health," he said at the Slush fair, featuring a record 1,700 startups.

The maker of the smart ring, Ouraring, believes it has an advantage over companies providing only sleep-monitoring equipment, such as smart beds equipped with sensor straps under bed sheets.

"Our rings monitor when you're asleep, when you're awake, if you're sitting, when you're on the move," said Kari Kivela, head of design at the Finnish company based in the city of Oulu, a former Nokia hub.

On Thursday, the company announced it had secured $2.3 million US in funding, mainly from U.S investors, on top of $650,000 US raised in a Kickstarter campaign in September with more than 2,000 backers. THE ASSOCIATED PRESS

Kari Kivela, head of design at Ouraring, promotes a "wellness" ring at Slush 2015 on Thursday. LEHTIKUVA/THE ASSOCIATED PRESS

> **The focus of health care will shift from treating illnesses.**
> Lasse Leppakorpi

NEW YORK CITY

Tracking homeless seen as harassment

On an app, pins on a New York City map keep track of sightings of homelessness, accompanied by photos of people lying on sidewalks, slumped in doorways, sitting on curbs with shopping carts piled high with bags. Hashtags frame the scenes: "NeedsMedicalAid," "Encampment," "Aggressive Begging," "Violent."

On a similar Facebook page, residents of a Manhattan neighbourhood share pictures and complaints about people living on the streets, some half-naked. A website created by a police union posts pictures of the homeless and vows, "We are watching you!"

Advocates for the homeless see such efforts as more harassment than help. Dave Giffen, the executive director of the Coalition for the Homeless, calls the initiatives "unethical and inhumane." But organizers say they are illustrating a pressing social problem. THE ASSOCIATED PRESS

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IN BRIEF

Coal industry hurting

Canada's coal-export market has taken a major hit in recent years, as prices have dropped from more than $300 US a tonne in 2011 to less than $90 US a tonne this quarter because of continued oversupply and slowing demand from China. Joe Aldina, a coal analyst at Wood Mackenzie, said that while there is no quick fix for the oversupply, India should start to pick up where China left off by the early 2020s. THE CANADIAN PRESS

Notice of Hearing For Permanent Guardianship Order To
Amy Martin aka Schold

Take notice that on the **30th day of November 2015 at 9:30 a.m., at Calgary Family Court, Courtroom #1208, 601 – 5th Street SW, Calgary, Alberta,** an Initial Custody Hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Permanent Guardianship Order**; of your children born on **December 30, 2008, and April 22, 2004**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

Notice of Hearing For Permanent Guardianship Order To
Meredith Nashacappo

Take notice that on the **27th day of November 2015 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta,** a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Permanent Guardianship Order**; of your child born on **October 30, 2015**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
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Phone: (403) 297-2978

Notice of Hearing For Permanent Guardianship Order To
Marlin Schold

Take notice that on the **30th day of November 2015 at 9:30 a.m., at Calgary Family Court, Courtroom #1208, 601 – 5th Street SW, Calgary, Alberta,** an Initial Custody Hearing will take place.

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You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

Notice of Hearing For Temporary Guardianship Order To
Michelle Keewatin

Take notice that on the **23rd day of November 2015 at 2:00 p.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta,** a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Custody Order; Temporary Guardianship Order**; of your children born on **July 28, 2013, July 10, 2007, May 14, 2011, September 20, 2001 and August 7, 2000**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

Notice of Hearing For Temporary Guardianship Order To
Rush Walker

Take notice that on the **23rd day of November 2015 at 2:00 p.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta,** a hearing will take place.

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You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
Phone: (403) 297-2978

Notice of Hearing For Temporary Guardianship Order To
Lance Foy

Take notice that on the **23rd day of November 2015 at 2:00 p.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta,** a hearing will take place.

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You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Jackie Ellice; Leanne Baines; Daniella Eggink
Calgary Region, Child and Family Services
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metro VIEWS
Your essential daily news
Weekend, November 13-15, 2015

PRO CON

Should hospitals allow visitors 24/7?

Three Ottawa hospitals have ditched limits on visiting hours for patients' friends and families in an effort to promote more holistic health care and reduce isolation. But is bringing familiar faces from home into the hospital really the best way to heal?

YES: TLC from family is the best medicine

Being seriously ill is scary and lonely, but having a family member or trusted friend with you — outside of the typical afternoon visiting hours — can help. And allowing that is in line with the trend toward a more family-focused, patient-centred approach to health care. Family members also know more about the patient and their history than doctors or nurses ever could. They can pitch in with tasks like feeding and personal care, and they may be able to notice when something is off. According to the Canadian Foundation for Healthcare Improvement, patients whose loved ones are allowed to stay with them in hospital experience fewer medication errors and falls, shorter stays, fewer readmissions and a generally better experience and standard of care.

NO: Patients need peace and quiet

Visiting hours enforce a period of restful calm, especially during the night, to allow patients to sleep and heal. Hospital staff already have the discretion to allow visitors to stay when circumstances warrant it. But visiting hours allow them to effectively get interlopers to leave if they're being loud or inconsiderate. Unlimited visiting will disproportionately affect people who can't afford a private or semi-private room: Even quiet talking can disturb the sleep of someone who is in pain and in an unfamiliar environment. Certain units — such as maternity, children's wards, intensive care and palliative care — already routinely allow visitors around the clock. Finally, more people coming and going might mean more infections, and could pose security issues, especially at night when fewer staff are on duty.

Benched: We need a way to screen for bad judges

Diane Baker Mason
For Metro

When we think about judges (if we ever do think about them) we often tend to picture a wise, tough, perhaps cranky older person, sitting above the fray of human contention. Someone who will reason carefully and decide prudently. Someone, we hope, who does not make mistakes.

The reality, of course, is that judges do make mistakes — that's why we have courts of appeal. But judges are allowed to make errors. What they are not allowed to do is behave so badly that they expose the justice system to embarrassment (or, as lawyers put it, "bring it into disrepute").

Truly outrageous judicial conduct is grounds for complaint to the Judicial Council of Canada, the regulatory body that is responsible for judges. The Council does not actively police judges' behaviour. It acts on complaints, investigating and sanctioning judges' conduct. While there are no fixed standards or codes of behaviour for judges, there are published ethical principles, which provide clear guidance. These include a precise direction that judges not allow sexist (and racist) statements in their courtrooms. It says nothing about the judges themselves not making such statements — perhaps because that seems a patently-obvious requirement of being a judge.

The Council recently received a complaint in the case of R.V. Wagar, over which Justice Robin Camp had presided. Justice Camp's backward reasoning, and his apparent disregard of the Canadian law of sexual assault, resulted in the Court of Appeal overturning his decision.

The court stated that Justice Camp had relied on discredited stereotypes and myths to reach his decision. The complaint to the council provides alarming specifics, stating that, among other things, His Honour called the alleged victim "the accused," asked her "Why couldn't you just keep your knees together?" and told her "If you were frightened, you could have screamed."

Justice Camp has a right to respond, and is co-operating with the investigation. If the complaint is upheld, however, the council's options are limited. It can require him to obtain "gender sensitivity training" (which he's already agreed to), and apologize (which he's already done). It can recommend to Parliament that he be removed from the bench, but it cannot itself take that step.

It seems likely that Justice Camp will remain on the bench. But how likely is it that a few seminars in "gender sensitivity" will adequately reform his views?

Wouldn't it have been better if, back when he was first being considered for appointment, some screening authority had been able to ask him a few pointed questions?

Perhaps there is the answer to preventing badly behaved judges from slipping onto the bench: Rather than try to investigate and sanction after the damage is done, perhaps prospective appointees could sit for some form of examination. At the very least, they should be able to demonstrate that they understand ethical principles.

The last 30 years have significantly changed the laws on sexual assault. Yet those changes appear to have escaped Justice Camp's attention, as did an understanding of power imbalances and marginalized members of society. We can only hope that he really has seen the error of his ways. Because if not, we have someone on our Federal Court who seems to have spent the last thirty years living in a bubble. And that is anything but sound judgment.

Diane Baker Mason is a Toronto-based novelist, writer and retired lawyer.

ROSEMARY WESTWOOD

metroview

If anyone asked me what unites Canadians, I'd be stumped

Letters-to-the-editor pages in newspapers somehow still exist.

In a world suffocated by opinion (mine, yours, and both our dogs' on FB, Twitter, Insta, Reddit, article comments, YouTube comments), it seems a little quaint, no?

And yet there I was, reading the letters section of the National Post the other day. And boy, was that fun.

Charles in Nanaimo knows better than Keystone XL bigwigs that Obama always had it in for the pipeline.

Jack in Victoria suggests the end of all intersections, in favour of roundabouts, if the Liberals really want to invest in infrastructure.

Albert, also from Victoria, is wigged out about 25,000 Syrian refugees really getting a good vetting.

Osama in Calgary has some eloquent words of loyalty and support for Canadian soldiers.

Some letter-writers sound as nutty as the emails I often get. Some people sound sane. And there's actually a diversity of opinion. There are full sentences and complete attribution, including city of residence, and no Ayn Rand-inspired handles.

It's like, I dunno, a reflection of Canadians? A cross-section of opinion I would maybe see in other papers but definitely not in my various social media feeds.

There, I follow people who interest me, and while there's a bit of political diversity, it's not much. Inflammatory (to me) opinions are at a minimum. Thus, according to the bulk of my digital newsfeeds, Canadians are pretty thrilled with Trudeau, and we'd be cool if the official opposition didn't show up.

Reading the letters felt like checking in with extended family. Still right-wingers out there, hey? Good to know. The whole fear of immigrants and refugees, that's healthy? Okay, got it. And you went on a cruise, you say? Glad that was fun.

It reminded me of a dinner I had recently, where I got a little worked up, I'll admit, because my companion, an old family friend, really thinks Islam (and all religions) is evil.

I think I could have kept my voice down and saved the pub a few high-pitched broken wine glasses if only I'd had some reminder lately that not everyone agrees with me.

Shocking, I know.

And that people still very much and very deeply fear the "other." Still, to me, shocking.

I like getting a multi-paragraphed window into those right-wing others, and then see their full names in italics. It gives their views more weight. It makes them real.

It reminds me that if anyone asked me to describe what unites Canadians, I'd be stumped. Plus, these guys (they appear to all be men) are a hoot.

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BASED ON A TRUE STORY

Some films stick to facts, others play hard and loose

Richard Crouse
For Metro Canada

In 2010, thirty-three men spent sixty-nine days trapped underground in a copper-gold mine located near Copiapó, Chile. Their story became the inspiration for the new Antonio Banderas movie, The 33. HANDOUT

The movies have looked to the news for inspiration almost since the first time film was projected on screens.

As far back as 1899, a film called Major Wilson's Last Stand dramatized scenes from the First and Second Matabele Wars, including the death of Major Allan Wilson and his men in Rhodesia in 1893.

The trend of reel life emulating real life continues this weekend with The 33, an Antonio Banderas film based on a famous mining accident. In 2010, 33 men spent 69 days trapped underground in a copper-gold mine located near Copiapó, Chile when a rock the size of the Empire State Building blocked their exit.

"I can't think of a better story than this one to bring to the screen," says producer Mike Medavoy.

The trick is getting the story right. Director Patricia Riggins worked with the miners, Medavoy and screenwriters to create a story that, according to everyone involved, features more fact than fiction.

That isn't always the case.

According to IMDb the Jim Sturgess movie 21 calls itself a "fact based" story about a group of MIT students who used a complicated card-counting system to fleece Las Vegas casinos for millions of dollars.

The bare bones of the story are true — blackjack was played and MIT students counted cards — but Hollywood diverged from reality when casting the leads. In truth the main players were mainly Asian-Americans, including ringleader Jeff Ma who consulted on the movie.

Ma called the controversy surrounding the casting of Sturgess and Kevin Spacey "over-blown," adding "I would have been a lot more insulted if they had chosen someone who was Japanese or Korean, just to have an Asian playing me."

The Michael Bay film Pain & Gain is listed as an action-comedy and stars Mark Wahlberg, Dwayne Johnson and Anthony Mackie certainly play up the jokes. Everyone laughed, except for Marc Schiller, the real-life inspiration for the film's kidnap victim.

"It wasn't that funny when they tried to kill me," he said. "They did run me over with a car twice after trying to blow me up in the car. The way they tell it made it look like a comedy. You also gotta remember that not only I went through this, but certain people were killed, so making these guys look like nice guys is atrocious."

Last year's Oscar winner Whiplash saw Miles Teller as a young drummer driven to extremes by a fanatical music teacher played by J.K. Simmons.

The movie draws parallels to the famous story of Jo Jones and Charlie Parker. The legend goes that Jones threw a cymbal at Parker's head after a lackluster solo, prompting the sax player to go away, practice for a year and return as one of the greatest musicians of the 20th century. Trouble is, the story isn't true. A cymbal was let loose, but according to eyewitnesses it was dropped on the floor at Parker's feet and not at his head.

"Not attempted murder," wrote Richard Brody in the New York Times, "but rather musical snark."

How does Hollywood get away playing fast and loose with the facts? Black Mass director Scott Cooper says, "I don't think people come to narrative features for the facts, or for truth. I think you go to documentaries for that. What you do come to narrative features for is psychological truth, emotion and deep humanity."

MOVIE RATINGS by Richard Crouse

Love the Coopers ★★
Spotlight ★★★★
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Entertainment ★★★

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Standing in line to see the Shia tonight

MOVIE MARATHON

Fans queue for hours to see LaBeouf's NYC theatre stunt

For three days and two nights Shia LaBeouf set up in a Manhattan theatre for a marathon watching of all of his movies. He let fans in for free to join him. A live camera allowed people around the world to watch him as well. TORSTAR NEWS SERVICE

Why did actor Shia LaBeouf invite his fans to watch all the movies he's ever made with him during a three-day (and two-night) marathon at a Manhattan theatre? Or to watch him watching via livestream, witnessing the drama of him occasionally stroking his beard, sipping from a cup, or scratching his nose?

Probably the best explanation is: Just because.

And that's pretty much why Alex Martin, a senior at New York University, was waiting in line — for what was likely to be hours — to get inside.

"Just for the experience," Martin explained with a smile. "Just to say I did it. Not necessarily to watch a movie of Shia LaBeouf. You know, just to say I was here."

Although Martin, who's majoring in public health and sociology, used to love LaBoeuf when he was a child actor, he and his friends waiting with him Wednesday afternoon clearly now see him as a perplexing, if interesting celebrity known for sometimes very erratic behaviour.

"Lots of alcohol," Martin noted.

Austin Reardon, also an NYU senior, was there "because I am a big fan of his public persona over the years." He came to the Angelika Film Center, right by the university, because "it's entertaining to watch online, but I would like to be a part of it in person."

Though most of those waiting in line, which stretched about a city block long, appeared to be college age, not everyone was. Attorney McKinney Brown, 26, had the day off from work and "thought it would be a fun experience."

He didn't know precisely which movie he'd be seeing; his favourite, he said, is Lawless.

"Shia does all sorts of performance art," Brown said.

"I thought it would be a fun thing to do just to experience it."

LaBoeuf basically took over the theatre, letting fans in for free, but wasn't speaking to those who managed to get in, according to people coming out. There were five-minute intermissions between films.

"He was completely silent," said Michelle Calicchio, a senior at Ramapo College, who arrived early in the morning and emerged from the theatre about 4 p.m., having spent most of her time waiting (newcomers were admitted only when someone exited the theatre, and people could stay inside as long as they wanted.) She felt that LaBeouf was wordlessly critiquing his own work.

"He was in a deep stare," he said.

"He was so zoned in."

THE ASSOCIATED PRESS

CHARITY

Clooney's café visit thrills Edinburgh

On Thursday, George Clooney made a stop at Social Bite, a cafe for the homeless in Edinburgh. GETTY IMAGES

George Clooney took a break from Hollywood glitz to visit a small sandwich café that helps homeless people in Edinburgh.

And the 54-year-old actor was as nice as everyone thought he would be, according to Social Bite café spokesperson Stephen McCranor.

"Everyone thinks George Clooney is a great guy and then they meet him and they found out, it's true. He is a really good guy, a nice person," McCranor told the Star in a telephone interview on Thursday morning.

"George was a great sport. He talked to everyone," he said.

Clooney drew a large crowd of onlookers and reporters as he arrived Thursday in a chauffeur-driven car at the establishment in central Edinburgh, which employs and feeds the homeless.

Clooney praised the project and told reporters: "I like what they're doing, I think it's a very important cause. I think the idea that we can all participate in everyone's difficulties is really important."

Inside, the star handed over a £5 note — as well as about $1,000 (U.S.) — to buy meals for the needy, and sampled a platter of sandwiches and a coffee himself. "He tried the food, he loved it, he made a donation and it was a terrific experience for everyone involved," McCranor said.

Clooney was invited to the café by its co-founder Josh Littlejohn, who also set up the Scottish Business Awards, which the actor will attend later Thursday.

Social Bite has two locations in Edinburgh, two in Glasgow and another in Aberdeen. McCranor said he hoped Clooney's visit would put a global spotlight on the non-profit business model, which they hope to expand into England and other countries soon.

The cafés offer what they call "suspended coffee and food"— customers can pay in advance for items on the menu, which can then be claimed by a homeless person. About 30 homeless people visit each shop daily, Social Bite says. Social Bite posted a photo of Clooney taking a selfie with staff, who were wearing green aprons that read, "Good Food Good Cause."

"Only two years ago I was living on the streets of Edinburgh with a heroin addiction and unable to even afford to eat," one of the staff, Sonny, 36, told The Big Issue, a magazine sold by homeless and long-term unemployed people across the U.K.

"Today I'm in full-time employment, have an amazing family and I just made lunch for one of the biggest stars on the planet."

By Thursday morning, the Clooney selfie had about 2,500 likes and had been shared almost 300 times on Facebook. People also took to social media to praise the actor for his visit.

"Fantastic, good on George Clooney," Sharon Fraser wrote on the Facebook photo. "Love this guy. What an upstanding human. Kudos," Ruth Gauld added.

THE ASSOCIATED PRESS WITH FILES FROM TORSTAR

Stanley Tucci stars as Boston lawyer Mitchell Garabedian, who fought to bring attention to abuse within the Catholic Church. HANDOUT

Spotlight tells 'such an important story': Tucci

INTERVIEW

Actor praises investigative journalism, Pope Francis

Matt Prigge
Metro | New York

Stanley Tucci made one of the great food movies (1996's Big Night) and has even written two cookbooks. But right now all he has time for is an organic protein bar. "This evening I'll have a martini. Don't worry," he assures us as he powers through a junket for Spotlight, which tells about the Boston Globe's Pulitzer-winning expose of the Catholic Church scandal in 2002.

Tucci doesn't play one of the reporters but Mitchell Garabedian, a cranky but dedicated attorney who fought for years, amidst untold frustration, to bring the abuse to light.

You're not playing one of the journalists here, but you have a history playing reporters on film, including Joe Gould's Secret and Winchell. It seems that, along with the scandal itself, that would be a big pull for you too.

(Journalists) really are quite heroic in what they do. And their ilk is disappearing. It's getting harder and harder to come by guys like that.

The long-form kind of journalism the Globe reporters practice in this film is going away as newspapers suffer through budget cuts.

It is, and nothing can take its place. John (Slattery, who plays managing editor Ben Bradlee Jr.) pointed out the other night that having cell phones and video taping things as they happen is really important. But that's just happenstance. It's not the same as someone taking the time and seeing something out and thinking, "I know there's something wrong here, or there's something right here, and I need to spend the time dissecting it."

That takes a lot of effort, a lot of resources, a lot of passion.

Of course there's what they reported itself, which even now hasn't been fully rectified.

It's such an important story. The fact that it was a systemic problem that has been going on for decades — for centuries — and the collusion between the perpetrators and the Catholic Church and other outside powers is so profound. They protected all the wrong people — the perpetrators — instead of protecting the children. They didn't try to stop the crimes or punish them. That is horrifying. That is absolutely horrifying, and unconscionable, and, let's say, it's un-Christian.

> **I hope the Church will keep changing and embracing the new societal changes that are crucial.**
> Stanley Tucci

I'm actually not sure what your history with the Catholic Church is.

I was raised Catholic, but I'm a lapsed Catholic for 40 years. Even when I was a kid I just didn't get it, to put it simply. This is in no way to besmirch people who are devout Catholics; it just wasn't for me. But the Catholic Church has done so much good for people over the centuries, and good is still being done. I think this new pope is extraordinary.

And I think people should in no way see this film as an indictment of the Catholic Church. There were simply a large number of people within the Catholic Church who failed to right systemic wrongs, which is anathema to everything the Church espouses. And it's an insult to the parishioners and to Catholicism as a whole. It's an insult.

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JOHANNA SCHNELLER
WHAT I'M WATCHING

An outsider's perspective

THE DAILY SHOW WITH TREVOR NOAH, NOV. 5 (COMEDY)

Host Trevor Noah describes his first visit to a New York City hospital, where he had an emergency appendectomy on Nov. 3.

"I don't know if emergency room is the right term because they make you wait," he says. "I feel like there should be two rooms: a room for emergencies, and a room for people who can fill out forms."

He riffs on how nurses kept badgering him about insurance, even when he was doubled over in pain.

"Never mind," one finally says. "I've seen your billboards; I know you can pay."

Noah's tone throughout is mostly amused, with a sprinkling of appalled at the edges.

The segment is typical of what's fast becoming his trademark: showing Americans how baffling their country is.

It makes me think that, as green as Noah still feels, the folks in charge of The Daily Show knew what they were doing when they chose him.

His predecessor, Jon Stewart, was a patriot; it's what I loved best about him. His outraged harangues came from a place of profound pride in his country, and heartfelt disappointment that it wasn't delivering on its promise.

That quality is impossible to replace — it only worked because Stewart was a genuine believer.

To survive, the show needed a new approach, which Noah provides.

And given that race is and will continue to be one of the seminal issues in 21st-century America, the fact that Noah experienced apartheid in his native South Africa is a (grim) bonus.

Trevor Noah brings a foreigner's viewpoint. NBC/SCREENSHOT

Fiona Fu stars in OMNI's Blood and Water, a crime drama produced in Mandarin, Cantonese and English. HANDOUT

Multilingual drama reflects demographics

BLOOD AND WATER

Vancouver show features Cantonese, Mandarin

In OMNI's original crime drama Blood and Water, Vancouver has never looked more exotic. At least from the lens of television.

The victim in the show is Asian. The lead detective in the show is Asian. Her boss is Asian. Virtually all the protagonists, apart from Toronto actor Peter Outerbridge, are Asian.

If you've lived in Vancouver, which has a substantial Chinese-Canadian presence, hearing Mandarin on the street isn't unusual. And seeing an Asian cop and an Asian police lieutenant together isn't far-fetched.

But we have become so used to TV reflecting another reality, it becomes jarring even though it shouldn't be.

Blood and Water is the Canadian broadcaster's first original crime drama produced in Mandarin, Cantonese and English. It is not a salve to the long-term problems in the industry, but it is a significant first step.

The eight-part drama written by Al Kratina and Dan Trotta, and directed by John L'Ecuyer, is visually stunning. Too bad the storyline doesn't match the exquisite imagery.

Someone is missing in a seaside town. Family members are in despair. There is an investigation. The cop is played by Canadian Australian actress Steph Song. Like David Tennant's character in Broadchurch, Detective Jo Bradley is humanized through the spectre of illness.

In the premiere episode, after Jo is given a cancer diagnosis, she has to investigate a complex homicide. The drug-addicted son of a prominent developer has turned up dead and everyone, including family members, is a suspect.

Song's restrained performance is compelling, but the show is a slow boil to nowhere. It's neither an action-cop flick nor is it particularly interesting drama.

Mandarin and Cantonese scenes are subtitled but, apart from the language, there is very little cultural specificity. This could be any family

And perhaps that's the point. How unusual is it, seeing Asian characters act like any other character you might see on a crime show?

TORSTAR NEWS SERVICE

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Gaspar Noé's latest film, an explicit drama called Love, features full-frontal nudity and real sex. HANDOUT

Star breaks way, way out of comfort zone in Love

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DRAMA

Karl Glusman talks nudity, porn and Noé's rank T-shirts

Ned Ehrbar
Metro | Hollywood

Karl Glusman knew he was taking on a unique acting challenge when he signed up for Gaspar Noé's Love, an explicit look at the romantic and sexual life of a couple featuring full nudity and actual intercourse. But at least Glusman has gotten over the idea that audience members who meet him are just thinking about him naked.

You're playing a character that seems so in line with your director.

I mean, he wears a jacket to interviews that I literally wore in the movie. I was often wearing Gaspar's T-shirts, which were unwashed and smelling of him. Sometimes he didn't like the jeans I was wearing so he'd say, "Let's switch pants real quick." He was often stealing my belts. I was wearing his clothes and not trying to do an imitation of him but trying to channel things that he would say. The movie, for him, is a very personal piece. He wanted to make something that really depicted in a very honest way the way he has experienced loving relationships and heartbreak.

So with these T-shirts, what kind of smell are we talking about?

The man doesn't wear deodorant, so we're talking funky.

Gaspar has quite a reputation. How did you find him?

I know at times he has this reputation for being a sick, deranged, provocateur, but he really is a sweet guy. I had some reservations in the beginning, and when I first went to Paris I was a little creeped out by him because I thought I was meeting some, like, dirty porno director. But then I saw how he was with his godson, this child, and that was kind of the moment where I thought, "This guy's OK."

Speaking of reservations, how much did you have to get over before taking it on?

A lot, a lot. I never was comfortable undressing in front of people. I never have before, this was the first time — and probably the last, at least for a long time. I think I covered my bases (laughs).

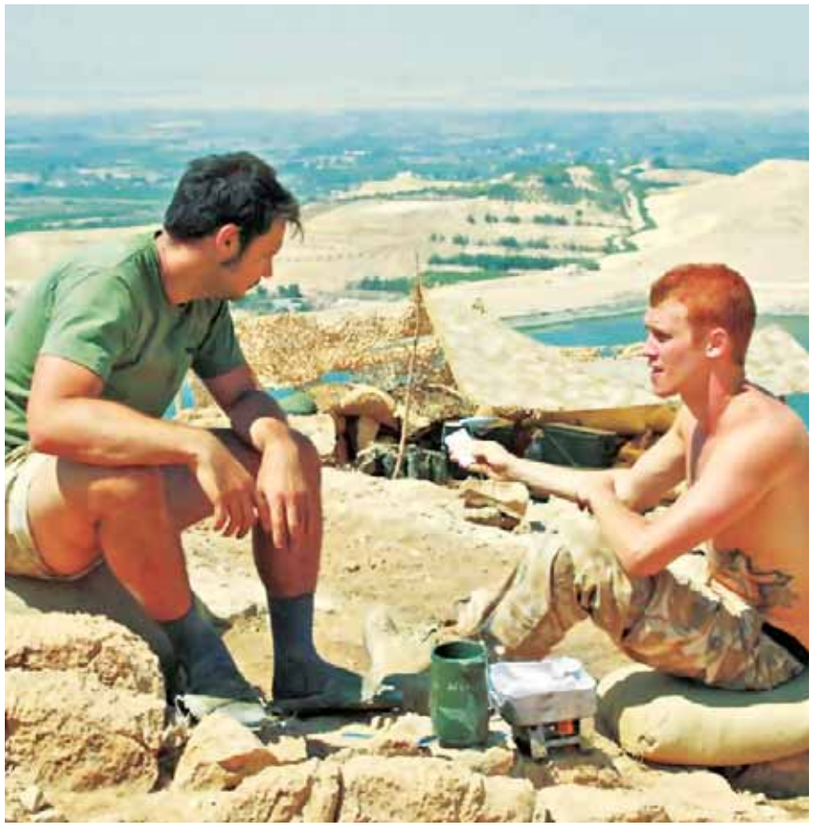
Unless people start going, "Get that guy, he'll get naked."

I know! That's the thing, I don't want to be that box of cereal. You want to be surprising and different in every role. I definitely had to work up the courage to do this because I had colleagues and friends who said, "This is going to be a disaster for your career if you do this." But it felt daring, and as an actor you want to do things that are out of your comfort zone. I looked up the definition of pornography when thinking about this, and I found something that said it's primary purpose is for sexual arousal and for masturbation. I don't think you can really call our movie a porno unless people are masturbating in the theatre. I mean, that would be flattering if they were, but I haven't heard of that happening yet.

Is it weird talking to people after they've seen the movie because they've basically seen your junk? Like, "Are they thinking about it?"

And usually they are (laughs). The number of people who have seen me naked used to be almost zero, and now it's exponentially grown. I used to feel like I was at a bit of a disadvantage, but now it feels like an icebreaker. People are like, "I feel like I know you so well now."

> **I had colleagues and friends who said, 'This is going to be a disaster for your career...'**
> Actor Karl Glusman



Paul ' Tug' Hartley, a U.K. army medic who is depicted in Kilo Two Bravo, said the film is "99 per cent accurate." HANDOUT

Afghanistan war in graphic detail

AFGHANISTAN MISSION

UK soldier says film accurately retells his platoon's story

Steve Gow
For Metro Canada

You may have removed the Remembrance Day poppy from your lapel for another year but that doesn't mean you can't still honour the sacrifice of our war veterans.

"Whether you're Canadian or British, society doesn't pay enough attention," said former U.K. army medic Paul 'Tug' Hartley, whose life-saving actions are the basis of the acclaimed new film Kilo Two Bravo. "You see on the news a British soldier got killed (and then) they carry on. This film will give people insight into five hours of someone's life. That's all it was but look how impactful it is."

A vivid adaptation about a small company of commandos who suddenly find themselves trying to escape a valley loaded with live land mines, Kilo Two Bravo isn't just (as Hartley describes) one of the "million stories they could have told" about the war in Afghanistan, it's the kind of nail-biting thriller that exhibits the true solidarity of soldiers.

"I remember saying I'm happy to sign up for this so long as you tell our story," recalled Hartley, who originally feared filmmakers would exploit the harrowing tale. "It's not a war movie. It's a movie about adversity and heroism. This could've happened in a car crash; it's just about a bunch of people who come together and do what they did."

But for the actor who recreates Hartley's acts of medical heroism on-screen, the real life situation is not to be understated. In fact, even just pretending to be there was a stressful experience.

"The whole shoot was very intense — six days a week, 15 hours a day in 55-degree heat. All of those conditions affect you psychologically," admitted Game of Thrones star Mark Stanley of the chronologically-shot drama. "Was there time to decompress? I don't think so. I think we probably just drank too much on our days off."

Hartley doesn't diminish the actors' difficult job either. Having seen the film several times now, he insists that moviegoers are certainly in for an authentic experience.

"It's 99 per cent accurate," said Hartley. "The only way you were going to get that extra one per cent is if you had been there and bled with us."

> **It's a movie about adversity and heroism.**
> Former soldier Paul Hartley

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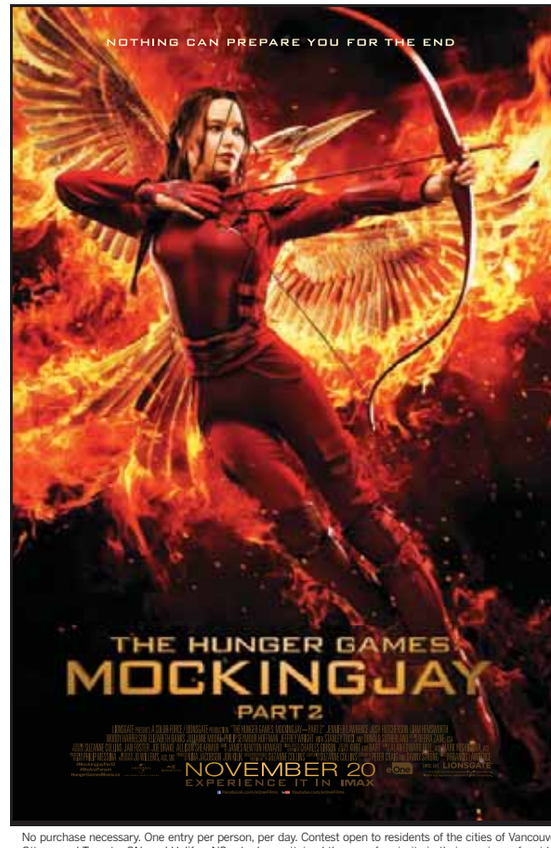

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FILM BRIEF

Life could be a beach for actress Nina Dobrev

Who will run along the beach in a red swimsuit alongside Dwayne Johnson and Zac Efron in the movie remake of the famous Baywatch series? Deadline reports that Paramount Pictures has a shortlist of seven actresses, including Nina Dobrev.

Free from any contract ties since the spring, Dobrev the former Vampire Diaries star now has time to focus on the big screen.

But replacing Pamela Anderson in the role of the Malibu nymph will not be an easy task. The production has apparently also got its eye on Alexandra Daddario, (Percy Jackson), Ashley Benson (Pretty Little Liars), Alexandra Shipp (N.W.A Straight Outta Compton), Shelley Hennig (Teen Wolf), Bianca Santos (Ouija) and the singer Denyse Tontz.

AFP

THE TV DINNER JESSICA ALLEN

'I'm ready to be wooed,' Simon said, as I readied my blade. 'But I'm not ready to go to the hospital so please don't miss any bones.'

Angelina Jolie Pitt and her husband Brad want you to know that By the Sea, which opens in select theatres Friday, is an art film — perhaps to distinguish it from the commercial hit in which they first appeared on screen together 10 years ago, Mr. and Mrs. Smith. Yes, both movies are about a married couple with troubles. But no longer are they playing assassins hired to kill each other. This time, she's a former dancer, he's a writer suffering a block, and together, they've suffered through a traumatic event. They retreat to a seaside French hotel to brood, fight, cry, smoke, drink and spy on a honeymooning couple.

"I know some people are going to hate it," Jolie Pitt, who wrote, directed and stars in By the Sea, told the New York Times. "Some are going to like it. But it was important to me to feel like an artist again."

"The plan was to make something together, with complete autonomy," Pitt told V Magazine, "in the footsteps of Gena (Rowlands) and John (Cassavetes)."

Admirable, to be sure: but Rowlands and Cassavetes were never the most recognizable celebrities on Earth. Besides, whether you're making a movie — or making dinner — things rarely go according to plan. Initial reviews have been lukewarm. "There's no catharsis at the end from the journey taken," the Hollywood Reporter wrote, "just relief that it's over."

THE MOVIE: By the Sea

THE MEAL: Stuffed Sea Bream

I know the feeling: May, 2002, San Vito Lo Capo in Sicily. My boyfriend at the time and I spent three days and nights by the sea during the last legs of our eight-year-long relationship. I suspect that we both knew it was coming to a close but neither of us was brave enough to admit it.

There was no drama, no tears and only some brooding on my part: I read Treasure Island on our hotel's room little balcony at night under moonlight.

Besides the florescent blue of the sea, I also remember our meals at a local restaurant where for three nights we ate fish, make that a whole fish, which neither of us had dealt with before. Although I couldn't fix the relationship, or even identify what precisely went wrong, I took charge. "Give it here," I said, confidently cutting the head and tail off, gently pulling it open, like a rare book and removing the bones. By the third night, I'd mastered the task.

Deboning whole fish became a flirting device for me. When Simon and I were courting a decade ago, I'd order it on dates to woo him. Although it clearly worked, I've only done it once at home — until Sunday night when I picked up two sea breams, orata in Italian, stuffed them with parsley, dill and lemon slices, covered them in olive oil and salt, and slapped them on the grill.

"I'm ready to be wooed," Simon said, as I readied my blade. "But I'm not ready to go to the hospital so please don't miss any bones."

While I decapitated the fish, we argued over what Cassavetes film to watch. Years ago, Simon used the art house director to woo me. He wanted to watch Minnie and Moskowitz. Me? A Woman Under the Influence. We split it down the middle and decided on The Birdcage.

Jessica Allen is the digital correspondent on CTV's The Social.

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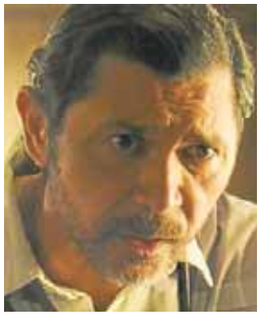
COMEDY

Love The Coopers

Director: Jesse Nelson
Starring: Olivia Wilde, Amanda Seyfried

When four generations of the Cooper family come together for their annual Christmas Eve celebration, a series of unexpected visitors and unlikely events turn the night upside down, leading them all towards a surprising rediscovery of family bonds.

ROTTEN TOMATOES™ SCORE
Critics: 31% Audience: 94%



DRAMA

The 33

Director: Patricia Riggen
Starring: Antonio Banderas, Rodrigo Santoro

The true story of the 2010 collapse of a Chilean mine and the rescue of the 33 miners who were trapped underground for 69 days.

ROTTEN TOMATOES™ SCORE
Critics: 41% Audience: 91%

DRAMA/ROMANCE

By The Sea

Director: Angelina Jolie
Starring: Angelina Jolie, Brad Pitt

A married couple takes a vacation in France in the 1970s and finds that their time in a sleepy seaside town, complete with a unique array of locals, strengthens their bond and reaffirms their marriage.

ROTTEN TOMATOES™ SCORE
Critics: 29% Audience: 86%

ACTION & ADVENTURE

Spectre

Director: Sam Mendes
Starring: Daniel Craig, Christoph Waltz

A cryptic message from Bond's past sends him on a trail to uncover a sinister organisation. While M battles political forces to keep the secret service alive, Bond peels back the layers of deceit to reveal the terrible truth behind Spectre.

ROTTEN TOMATOES™ SCORE
Critics: 64% Audience: 69%

DRAMA

Miss You Already

Director: Catherine Hardwicke
Starring: Toni Collette, Drew Barrymore

An powerful story following two best friends, Milly and Jess, as they navigate life's highs and lows. Inseparable since they were young girls, they can't remember a time they didn't share everything.

ROTTEN TOMATOES™ SCORE
Critics: 65% Audience: 83%

ANIMATION/KIDS

The Peanuts Movie

Director: Steve Martino
Starring: Noah Schnapp, Hadley Belle Miller

Charlie Brown, Snoopy, Lucy, Linus and the rest of the beloved Peanuts gang make their big-screen debut, like they've never been seen before, in state of the art 3D animation.

ROTTEN TOMATOES™ SCORE
Critics: 86% Audience: 85%

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INTERVIEW

New Rocky movie shows challenges of hearing loss

Tessa Thompson plays Bianca in the Rocky franchise spinoff Creed. Her character has degenerative hearing loss. CONTRIBUTED

A knockout for stigma

While characters wearing eyeglasses — real or as props — are commonplace in movies and TV, hearing aids are seldom seen on the screen — especially on leading ladies.

That's why actress Tessa Thompson was honoured to play a strong woman who wears the devices in the upcoming Rocky franchise spinoff, Creed, in theatres Nov. 25.

Thompson plays Bianca, the love interest of title character Adonis Creed, and we learn early in the film that she has degenerative hearing loss.

"People with disabilities are hugely underrepresented and not talked about enough in culture, particularly film culture," Thompson said in a weekend interview in Philadelphia to promote the movie.

The actress says the lack of these roles speaks to the way a disability is perceived and perhaps contributes to a screen stigma about the wearing of hearing aids.

"We tend to think about it through our own lens as someone who is not disabled, we think of it as something so terrible, because we can't fathom it for ourselves," Thompson suggested.

That's why it was important for the actress to play the character with a blend of confidence in the present and optimism for the future.

For example, she openly discusses her hearing loss with Adonis, while learning sign language in preparation for the day when she loses her hearing completely.

"I think it was important for Bianca to tell the story of someone doing the best that she can," Thompson said. "Would she prefer to not be dealing with that at certain points? Yes. But she also maybe sees it as an opportunity, and it in no way makes her feel like she's not capable."

The idea for the character's situation came from director Ryan Coogler, whose fiancee works as a sign language interpreter.

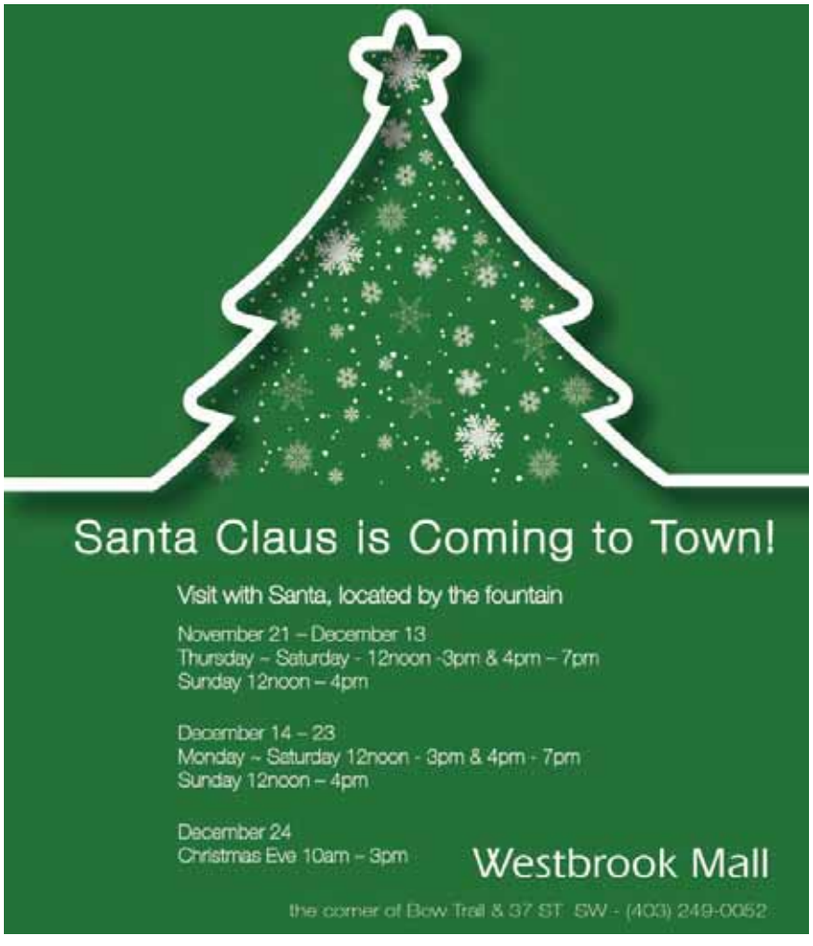
"It makes her character richer and you learn a lot about her," Coogler said. "It's not in a way where she's ashamed of it at all."

In the film, Bianca provides the same support for Adonis as Rocky's love interest, Adrian, gave her man decades earlier. Adonis is the son of Rocky Balboa's rival and eventual friend in the earlier films, Apollo Creed. Adonis sets out to find Rocky to train him. Sylvester Stallone reprises his role as a legendary boxer, with Michael B. Jordan as Creed.

While the film offers the same inspirational punch as others in the Rocky series, Thompson feels this one takes it to another level by addressing the challenge of hearing loss.

"If I was someone that was dealing with this and I got to see that on film, it would make me feel really empowered and proud that my story was served," Thompson said. "I'm hoping that's how people feel about it."

THE ASSOCIATED PRESS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A tribute to soul legend Mavis Staples

MUSIC ON FILM

Jeff Tweedy, Bonnie Raitt feature in doc about Staples

Steve Gow
For Metro Canada

Many people feel inspired after seeing their favorite musician in concert but very few are motivated enough to make a movie. However that's exactly what septuagenarian soul singer Mavis Staples did to Jessica Edwards.

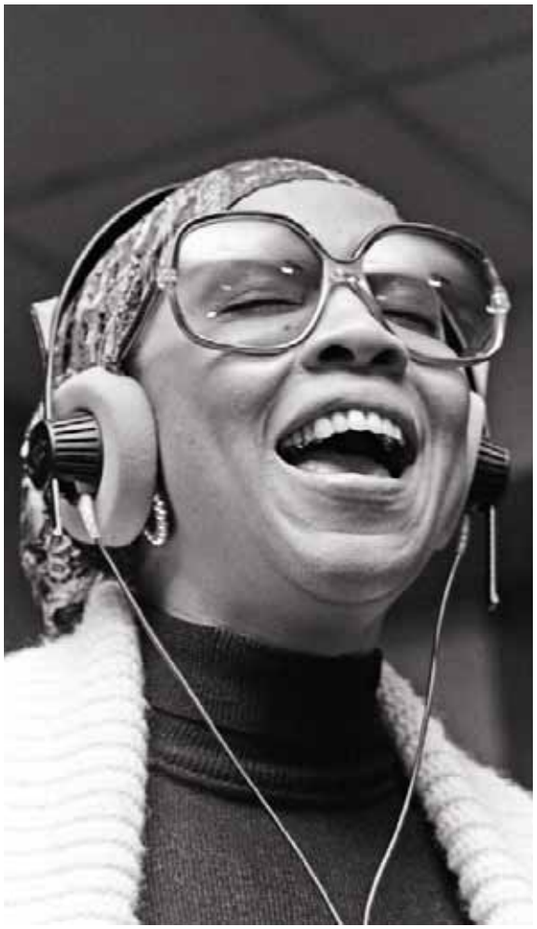
"It sort of sounds a little bit hokey but it's true, I wanted to make the movie because of the way that Mavis made me feel," explained the filmmaker about her debut documentary, Mavis!

"I never experienced anything like that in my life and I wanted to feel that way again (and) I wanted other people to feel the way that I felt when I was listening to her."

Mavis Staples has certainly been electrifying audiences and deserving of a documentary ever since her and family band, The Staple Singers were crooning soul classics like Respect Yourself in the early '70s. Still performing at 76 years old, the entertainer and outspoken civil rights activist is even earning new fans thanks to collaborations with the likes of Wilco's Jeff Tweedy.

Indeed, her music has influenced a lot of artists. Although Edwards began the biography as a self-financed indie project, she soon discovered many celebrities wanted to speak about Staples. So Edwards took a less-is-more approach, favouring tributes from musicians with close personal connections — like Tweedy or Bonnie Raitt. "It could have ended up being a hundred people (in the film)," explained Edwards.

"But I've never been a fan of the talking head interview that comes on and doesn't have a lot to contribute (so) I tried hard not to just go off the handle and get Beyoncé and Jennifer Hudson or anybody I could get my hands on just because it made a good name." Still, one superstar that Edwards did attempt to land was Prince (who worked on two of Staples's albums). While The Purple One turned down the invitation, Edwards insists he remained "very supportive" of the film. "I don't think Prince has done an on-camera interview in decades," laughed Edwards. "(So) I had a big hunch an interview was going to be hard to get."



The documentary Mavis! is now playing in select theatres and is available on iTunes. COURTESY MARK POKEMPNER/FILM FIRST CO

MAVIS STAPLES' HITS FOR OTHERS

At least three classic Staple Singers songs are often associated with other artists:

•The Last Time — The Rolling Stones
The Staple Singers scored a hit with this traditional gospel song in 1955 but the ditty truly found success with a rock adaptation by The Stones a decade later.

•The Weight — The Band
In 1968, Robbie Robertson-led roots-rock act The Band had a big hit singing "take a load off Annie" but The Staple Singers also highlighted the hymn on their first album for Stax Records the same year.

• Respect Yourself — Bruce Willis
While The Staple Singers had a big hit with this catchy single in '72, Bruce Willis made it his signature song when he took a stab at a music career while still slugging it out on TV's Moonlighting in the '80s.

Double trouble: Partners on and off the screen

Angelina Jolie directed her husband Brad Pitt in her new film By the Sea. It's being compared to Gigli, the 2003 Ben Affleck-Jennifer Lopez flick that many critics called the Worst. Movie. Ever. But directing your significant other isn't always a recipe for cinematic catastrophe, as some of these examples show. TORSTAR NEWS SERVICE

PHOTOS : HANDOUT; TORSTAR NEWS SERVICE; THE CANADIAN PRESS

FARGO

Joel Coen + Frances McDormand

McDormand won an Academy Award for her performance in Fargo (1996). She and Coen met when she auditioned for Blood Simple in 1983 and married the next year. At the Rome Film Festival in October, reporters asked McDormand for the secret to a lasting relationship. "I think it's having different stories to tell each other," she said.

KNOCKED UP

Judd Apatow + Leslie Mann

Leslie Mann plays Paul Rudd's wife in Knocked Up (2007) and This Is 40 (2012). The director told Good Morning America he felt "uncomfortable" watching his wife and Rudd... get into character. "I keep saying, 'Why do I keep writing sex scenes for Paul Rudd and my wife?' I should actually omit them from the script."

THE FOUNTAIN

Darren Aronofsky + Rachel Weisz

The director of Requiem for a Dream and Black Swan, and the Cambridge-educated actress announced their engagement in 2005. They had a son a year later but never wed. In 2010, they split after nine years together. Their film the Fountain (2006) divided critics.

HUSBANDS AND WIVES

Woody Allen + Mia Farrow

With only a few days left of shooting Husbands and Wives (1992), Farrow discovered that Allen was having an affair with her adopted daughter, Soon-Yi Previn. Producer Robert Greenhut said it took him "two or three days" to convince Farrow to come back to work. Before their split, Farrow and Allen worked on 13 films together.

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Man at work: Hawksley drops new EP

OLD CHEETAH

Signature sound abound on latest album by Workman

Canada's notoriously unpredictable rocker has plans to settle down, for a time, and 'sing quiet, little songs.'

"I still feel like a reckless idiot," proclaims Hawksley Workman. "But a reckless idiot who's getting tired of certain aspects of the baggage that comes along with being a reckless idiot."

Reckless? Definitely. "Idiot" might be pushing it, though, for as creatively cavalier as Workman has played with his fascinating, if occasionally self-sabotaging, 15-album career, there's never been much idiocy to his output. At the end of the day, he's more "mad genius" than "idiot."

Not so mad that he can't still command a 1,000-ish-capacity venue when he plays a hometown gig in Toronto, as he will do this Saturday.

Workman might be pathologically inclined to confuse his audience, but he's definitely cultivated a core fan base that thrives upon the element of surprise.

He's been contemplating this very subject lately, he says. Which is why, even as he tours the country in support of his unhinged glam-rock romp, Old Cheetah, he's thinking of maybe throwing the fans a bone.

"I'm gonna sit at the piano in January, very early in the mornings, and I'm going to sing quiet, little songs," says Workman, evoking Neil Young — specifically, Young's patience-testing Le Noise gig at Massey Hall in 2011 — as a model of unpredictability he's uncertain about following.

"It was terrible. I've not talked about a concert in recent memory more than that one because of his willingness to be an old man disappointing a roomful of people. Is that the strength of his artistry? Is that him being super 'in touch?' Is he out of touch? Is he playing games with us?

"In a way, I know what I do well and I write songs well, and I've maybe been avoiding it a bit in favour of doing wild, textural record-making. I think it's almost like I have to fulfil a contract with myself and the people who are sticking with me through this 15-record journey and go: 'Look, look, I know I owe us all a simple record with some simple songs and some clever lyrics.'"

If Workman's "wild" side is more your bag than his more introspective and singer/songwriterly one, not to worry. A second album with the alt-Can-Con "supergroup" Mounties will commence by the end of the month, and he's already needling his Christian Barry, his co-creator in the rock opera The God That Comes, to do another theatrical piece. He's also readying an illustrated (not by him) children's book based on one of the songs from his 2001 Christmas album, Almost a Full Moon, for next year's holiday season.

"The Canadian music business is chugging along on its own set of train tracks and we don't really cross all that much anymore," he says.

"They're busy chasing the things that they chase and they play a different game than what I play. And it's sort of a relief."

"Warm socks, warm hearts"

As anyone who's ever experienced a Canadian winter can attest, having cold feet really, really sucks in a way that only having cold feet can suck.

With that in mind, Hawksley Workman is asking fans to bring donations of warm socks — preferably pairs, of course — to dates on his current Winter Bird tour.

As HawksleyWorkman.com notes, "socks are typically one of the most needed items on shelters' lists."

"We know it's not saving the planet, but it seemed like a human gesture that was kind and connected," Workman says.

Bless his cotton socks.

TORSTAR NEWS SERVICE

Singer/songwriter Hawksley Workman is indulging his "glam" side again on his new album Old Cheetah. SIX SHOOTER RECORDS

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Elle King turns heartbreak into hits

ONE TO WATCH

Ex boyfriends inspired Love Stuff, singer's debut album

Though breakthrough singer Elle King has a huge hit with Ex's and Oh's, the feel-good, carefree 26-year-old remembers performing tirelessly anywhere she could — without a cellphone.

"I played in a lot of empty bars and I played on a lot of couches and a lot of big offices and I didn't have a cellphone when my manager tried to get a hold of me," said King, who met her manager, Alan Bezozi, in 2010. "I would talk to him on pay phones."

The hard times are turning into good times: Ex's and Oh's is No. 12 on Billboard's Hot 100 chart and it reached the No. 1 spot on Billboard's hot rock songs and alternative songs charts, respectively.

And being without a phone still didn't stop King from falling in love and breaking up with boys — the subject of her hit single and most of her debut album.

Elle King's single Ex's & Oh's topped Billboard's hot rock songs chart. THE ASSOCIATED PRESS

Despite singing about leaving an international wake of brokenhearted exes, King insisted she's no man-eater.

"It's so beautiful to love a person, but it's like, it sucks. It just sucks when it doesn't work out and so I'd rather just have fun while I'm young and maybe I'll get married when I'm 70, to a few people," the raspy-voiced singer said.

Ex's & Oh's, a sultry laundry list of real-life breakups, details four of King's past relationships. The song has sold 957,179 tracks so far, and King is not too concerned about how her exes feel about the track.

"I'm sorry," she said to her exes before quickly rethinking the apology. "I'm not. Thank you. Boom! Look what happened!"

Heartache flows throughout her debut album, Love Stuff, which was released earlier this year. It's named after a sex shop King drove past in Florida.

She sings about a toxic relationship in Under the Influence and offers a stern warning to future boyfriends in I Told You I Was Mean. The album takes a dark, soulful turn with the eerie Ain't Gonna Drown and a then a surprising optimistic swing with Make You Smile, an upbeat track about how far she'd go to make that special someone happy.

And her bluegrass influences shine through while she plays the banjo on the haunting Kocaine Karolina.

Inspired by Aretha Franklin, Dolly Parton — her dream collaborator — and rockabilly singer Wanda Jackson, King intertwines blues, country and rock 'n' roll.

She begrudgingly admits that she makes pop music, too.

"I used to be afraid of those three letters, but I'm not anymore. Now I understand that it's just mainstream, it's popular and I'm learning and I don't care," said King, who is currently on a U.S. tour and will launch another tour with Vance Joy next year.

King was bitten by the showbiz bug at an early age. Her father is actor-comedian Rob Schneider and she had a small role in his 1999 comedy, Deuce Bigalow: Male Gigolo.

"I just grew up around performers," she recalled. "I just loved it and I've always wanted to be onstage and I never wanted to get a real job."

The singer was primarily raised by her mother and stepfather in Ohio and decided to change her last name when she turned 18. She calls her mother "my everything and my idol."

"I took her last name," she said. "I wanted to do it on my own so that when it did happen, right now, this moment, I could say, 'Yeah, I did it myself. And I did it with my name."'

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Time to wind down the sentimentality

CASSETTE TAPES

Why a format that *should* be long-dead is still keeping it reel

Alan Cross
For Metro Canada

We need to have a conversation about the cassette. While it served us well — in the '80s, propelled by the boombox, the Walkman and car audio, the cassette was briefly the best-selling format for pre-recorded music — its time is over.

Eclipsed by CDs, CD burners and then digital music files, there's no reason why cassettes should still exist.

Yet there's a vocal group of music fans clamouring for a vinyl-like resurrection.

September had Cassette Store Day. There are dozens of cassette-only labels. Bloggers romanticize (fetishize?) the old-school cassette mixtape.

Clearly these people weren't around during the original days of the cassette: Mixtapes had to be recorded in real time; the tapes jammed; pre-recorded albums sounded awful and they the melted on the dashboard or ended up under the seats of the car.

So why are cassettes still here?

1 Luddite hipsters: The inconvenience of cassettes trumps that of enjoying music on vinyl, demonstrating an even greater love for music. Or so they'd have us believe.

2 Curiosity: Blink-182 just announced that four of their biggest albums will be re-released on cassette. These are just tchotchkes; wannabe collector's items.

3 Emerging markets: Cassettes do have their rugged side. They stand up well to the heat and dust of places like Africa and India. Just don't let them sit in direct sunlight.

4 Japan: Yes, it's the land of the electronic gadget, but walk into any small store and you'll find packages of cassettes for sale.

Huge swaths of Japanese culture are very conservative and continue to hang on to the old ways. Hey, fax machines are still a thing over there.

5 Prison Releases: Enough people are incarcerated in the U.S. — more than 2.2 million as of 2013 — for convicts be a viable standalone music market.

CDs are forbidden in jails because they can be turned into shanks. MP3 players are allowed but without Internet access, they're useless. Vinyl? Hardly.

The only remaining option is the lowly cassette.

But you can't just use any type of cassette tape in prison. Companies like Fortress Audio and Duplication.ca offer blank cassettes made with clear shells (to prevent smuggling) and without any screws (they can be weaponized) specifically for prison use.

There are also services like Music 4 Inmates that specialize in providing music for the incarcerated — on cassette, of course.

While most of us have moved on, the cassette will still be here for a while to come.

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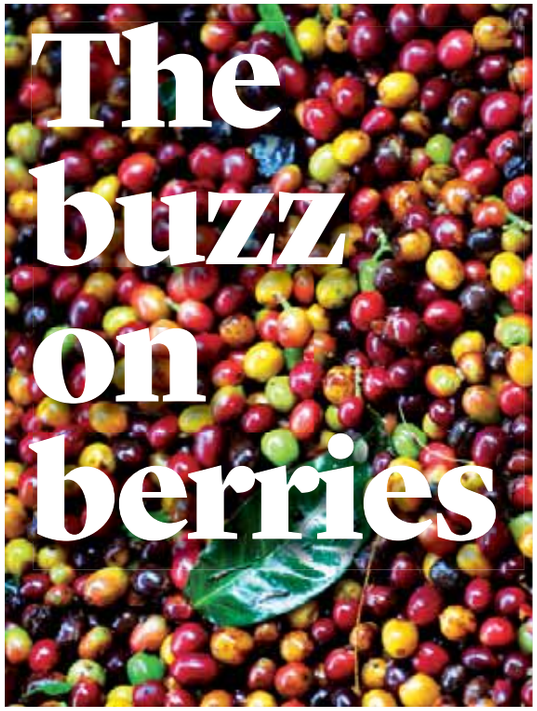
The buzz on berries



Once discarded in favour of the bean inside, you can now find the red coffee cherry pulverized into supplements, added to cosmetics and blended into juice. RODRIGO ARANGUA/AFP/GETTY IMAGES

WORD OF MOUTH

Coffee's fruit is packed with phytonutrients, polyphenols

Theresa Albert
For Metro Canada

You love your coffee, right? And you know it has antioxidant properties that are protecting your liver and your heart (provided you avoid the sugar and cream!).

But did you know that coffee beans come encased in a fruit berry that is poised to become the next healthy wunderkind? Studies show that it rivals blueberries and pomegranates for phytonutrients and polyphenols that fight cancer and reduce inflammation.

Until recently the outer sweet fruit of the coffee berry was discarded and only the green bean was harvested and roasted into your familiar cup of joe.

Like the phoenix from the ashes you can now find the red coffee cherry pulverized into supplements, added to cosmetics and blended into juice. Most long term studies on powdered supplements come up with mixed results so it may be safer to assume the same is true of this ingredient.

Or it may just turn out that drying and pulverizing a live food changes it enough to obfuscate the benefits.

Smearing stuff on your skin is only as good as the other ingredients therein (or as bad, depending upon the scents, parabens or other toxins used to make skin "care" items). But whole-food beverages may indeed have the story to tell.

Available in health food stores, there are blends that contain either coconut water or pineapple juice along with a meaningful dose of coffee berry juice extract.

> **You can now find the red coffee cherry pulverized into supplements, added to cosmetics and blended into juice.**

If you like the taste and can afford the 30-100 calories in your diet, drinking this beverage will have benefits over sugar water.

Just how much benefit will be substantiated over time.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food. Her videos can be seen at theresalbert.com

LIQUID ASSETS

The ultimate wine challenge

Peter Rockwell
For Metro Canada

French wines are the Rubik's Cube of the booze world. They seem easy to get your head around at first, but once you've made a few moves their unassuming complexity can get the best of even the most determined drinkers.

Nicknamed "the minefield," the Burgundy region is France's ultimate liquid challenge because one false step and you can be paying big bucks for average juice. While there have been plenty of tomes that have tried to explain that analogy, the documentary A Year in Burgundy (currently on Netflix) does a fine job illustrating the theories behind this complicated piece of geography.

Famous for its reds made from Pinot Noir, I've been a white Burgundy fan since my first sip of Pouilly-Fussié.

Produced from Chardonnay, like all white Burgundies, Bouchard Père & Fils' 2013 Pouilly-Fuissé ($28.95-$32.99) has all the classic bright green fruit flavours typical of its southerly appellation. A wine to keep in mind when planning your upcoming holiday feast.

Prices reflect the range across the country. Some products may not be available in all provinces.

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Red cabbage is definitely the most impressive-looking variation of the cabbage family. The smaller pieces to the left are just right for braised cabbage or could be chopped even more finely to make a coleslaw. The larger pieces at right could be cut into slices 2.5 cm thick to roast or be roasted as is. THE CANADIAN PRESS/HANDOUT

Cabbage: The comeback kid of the veggie family

KITCHEN IDEAS

Nutrient-dense leaves can be enjoyed in plenty of ways

Cabbage is not really one of the "cool" vegetables.

A whole cabbage can be huge and intimidating. It's hard to chop into small pieces and harder yet to peel leaf by leaf. Once you've made coleslaw, cabbage rolls or maybe sauerkraut, what do you do with it?

And if you don't cook it properly, it can smell up the joint.

Despite this, cabbage is experiencing "a nice little resurgence," says Brian Faulkner, vice-president of sales and marketing for BCfresh, the largest produce marketing agency in British Columbia.

"It's quite a nutritional food," he says, listing why he's a fan. "It's cheap. And a head of cabbage goes a long way."

There's also a renewed interest in canning and an increase in those who want to ferment their own foods.

"People are going back to cole crops (members of the mustard family including broccoli, brussels sprouts, cabbage, cauliflower and kale) because of their high nutritional value and because they are relatively inexpensive for the amount of nutritional value you get out of them, and people are going back to the roots, not so much of their parents, but their grandparents."

In addition, the "eat local" and "eat seasonal" movements make cabbage a good choice. It is grown in most provinces in Canada, says Agriculture and Agri-Food Canada, and because it stores so well it is readily available pretty much year-round.

The other main types grown are Savoy, with dark green, crinkly leaves and a mild taste; Taiwanese cabbage, which is light green but has a flat head, with a sweet, mild taste and crispy texture; and napa or Chinese cabbage, with a pale, crinkled, light green leaf and a white core. It is the mildest tasting.

"The different varieties of cabbage are pretty much interchangeable," says Faulkner, although there are distinctions in terms of texture, visual impact and ease of use. Two of his favourite ways to prepare cabbage are braising and roasting. He prefers green or red cabbage for those purposes.

THE CANADIAN PRESS

RECIPE

Beef and cabbage buns

- Beef pot roast, such as cross rib, blade or brisket (1.25 to 1.5 kg/2 1/2 to 3 lb)
- Salt and pepper, to taste
- 30 ml (2 Tbsp) vegetable oil
- 250 ml (1 cup) sodium-reduced soy sauce
- 125 ml (1/2 cup) each hoisin sauce and packed brown sugar
- 50 ml (1/4 cup) sherry or apple juice
- 15 ml (1 Tbsp) each minced garlic and fresh ginger
- 2 onions, thinly sliced
- Half head cabbage, thinly sliced (about 1 l/4 cups)
- 15 ml (1 Tbsp) cornstarch
- 2 pkgs (340 g) refrigerated country biscuit dough
- 1 egg, lightly beaten
- Black sesame seeds

1. Pat roast dry; season with salt and pepper. In a large Dutch oven, heat oil over medium-high heat. Add roast and brown well, turning to brown all over, about 15 minutes. Remove roast to platter. Discard fat.

2. Add 250 ml water to pan; cook over medium-high heat to loosen any brown bits. Add soy sauce, hoisin sauce, brown sugar, sherry, garlic and ginger; bring to a boil. Reduce heat to medium-low; return roast to Dutch oven. Cover and cook, turning occasionally, for 1 1/2 hours.

3. Turn roast over. Add onions and cabbage to Dutch oven; simmer until meat is very tender, about 1 hour. Using slotted spoon, remove roast and vegetables to a platter and tent with foil.

4. Measure 500 ml liquid and strain into a saucepan. Discard remaining liquid. Whisk cornstarch with 50 ml cold water; whisk into saucepan and cook over medium-high heat, stirring, until thickened, about 4 minutes.

5. Using a fork, shred cooled beef into fine strips. Toss with sauce, cabbage and onions. Divide mixture in half; reserve half for buns.

6. Preheat oven to 230 C. On a lightly floured surface, roll or pat dough into 10-cm (4-inch) circles. For each bun, place 1 Tbsp of filling in dough circle. Moisten dough with water, bring dough around filling and pinch seam to seal. Arrange buns, seam side down, on 2 parchment paper-lined rimmed baking sheets.

7. In a small bowl, combine egg and 1 Tbsp water; brush over buns. Sprinkle with sesame seeds.

8. Bake until golden brown, about 12 minutes.

Makes 20 buns and 1 pot roast meal for 4.

SOURCE: FOODLAND ONTARIO

Asian-style beef and cabbage buns can complement soup or salad for a hearty lunch. THE CANADIAN PRESS/HANDOUT

metro TRAVEL
Your essential daily news

Seoul district to erect 'Gangnam Style' statue

Deep into Guatemala's emerald forest

TIKAL

Hike reveals ancient sites and curious creatures

Aurélie Resch
For Metro Canada

It all starts with a warning sign at the entrance. Located near a pond, it warns of the presence of crocodiles and tells visitors to keep away from the water. You are also advised that snakes, insects and animals hide in the forest and that it is preferable to stay on the path.

My Guatemalan guide picks a spider out of a hole on the ground, gently placing it in my hand. "She is not hungry. You're OK," he tells me as I look at the fat, fuzzy tarantula sitting in my palm. I totally forget about the "OK" part as soon as the tarantula starts to walk her way along my arm.

I squirm and throw the poor thing onto a fellow journalist's shoulder. She starts to scream. Strange encounters abound in the archeological site of Tikal, Guatemala, enough to fill anyone's lust for adventure.

Visiting Tikal is like entering a lost world enveloped by a lush emerald forest. The trees and bushes create a gigantic web of green, with intertwining leaves, roots and branches. It is estimated the Guatemalan jungle hides 4,000 Mayan structures, all dating back to the eighth century.

The ruins of a temple in the jungles of Tikal. Above: The Lost World complex. PHOTOS BY AURÉLIE RESCH/FOR METRO

STAR WARS
George Lucas used Tikal as one of the settings for the rebel base Yavin 4 in 1977's Star Wars: Episode IV A New Hope.

The humidity (it's 35 C) makes the uphill hike a bit of a challenge. Walking toward the pre-Columbian pyramids the quiet solitude is broken by some sudden loud shrieks.

The howler monkeys sitting at the top of the trees, and swinging from one branch to another, are just greeting us as we enter the site. (We actually feel lucky since they aren't throwing their excrement at us, something they have been known to do). A bit further down we run into a dozen coatis — Central American raccoons — playing near the path.

In Tikal, I marvel at the acoustics of the Plaza of the Seven Temples, clapping my hands and listening to it echo off the walls of the structures. I am in awe at the two main sets of pyramids: the Lost World and the Great Plaza.

The former is the most ancient group of pyramids on the site and features 30 temples and pyramids built along astronomical alignments to solstices, equinoxes and certain important stars.

After climbing up one of the pyramids — some of them are 60 metres high — I take some time to enjoy the stunning view. The tops of temples emerge from the emerald jungle, birds fly out of the ceiba trees, and other visitors to the site look like ants scurrying around the base of the pyramid far below.

It's easy to feel like you have been transported back to the days of the Mayans.

GETTING THERE

The National Park of Tikal is located in northern Guatemala in the Peten province. There are two airlines flying to Isla de Flores. At its Mundo Maya airport, you can contact a tour operator that can offer you transportation with a guide.

TRAVEL NOTES FREE HOTSPOTS, DIVE BUDDIES, BRITISH LUXE

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Wiffinity is free for iOS and Android. CONTRIBUTED

SCUBA essential
With all the diving gear out there, the top must-have is a Divers Alert Network membership. This safety group provides dive-accident insurance, medical information resources and educational programs for newbies and veterans. The safety net includes emergency assistance in the form of ambulances and hyperbaric chamber treatment. Visit DiversAlertNetwork.org.

Dive with a DAN membership. CONTRIBUTED

Road to Downton
With The British Royale, a one-time-only, 10-day itinerary slated for next August, Insight Vacations is offering a glimpse into British high society. Forty guests will hit haute restaurants and private clubs around London and Edinburgh, hop on the Royal Yacht Britannia and tour the real Downton Abbey — upstairs and down. Act fast. Visit InsightVacations.com.
DOUG WALLACE

Highclere Castle in Hampshire. CONTRIBUTED

3 AIRBNB PROPERTIES WHERE THE FORCE RUNS STRONG

From an off-grid earthship carved into the desert of New Mexico to earth domes in California reminiscent of the planet Tatooine, Airbnb has collected Star Wars-inspired properties across its network that are located in a galaxy that's actually not so far away. **AFP**

1 Joshua Tree, California

Perhaps the most similar in likeness to Luke Skywalker's home planet Tatooine and the Lars homestead, the terracotta-coloured **Sleep Pod Earth Domes** are set in the California desert and can sleep families of up to four. Dome walks are built using Earthbag technology that keep buildings cool in the summer and warm in winter.

2 Taos, New Mexico

For Star Wars fans who are also lovers of the earth, the **Brand New Studio Earthship** is a secluded, self-powered retreat in the New Mexico desert. The property is completely off-grid, catching its own rainwater and generating its own electricity thanks to solar panels. Moreover, thanks to being carved out of the New Mexico desert, the property also recalls Skywalker's home planet.

3 Khao Yai, Thailand

An aerial view of the **Modern Green Circular Dome** suggests a more illustrious past for the resort, as though it crash-landed in the middle of a Thai jungle forest and stayed. Like spokes on a wheel, individual, spherical pods jut out from a circular walkway and are covered with jungle overgrowth. Pods are clean and bright, furnished with beds, full bathrooms, TVs, communal dining room and pool.

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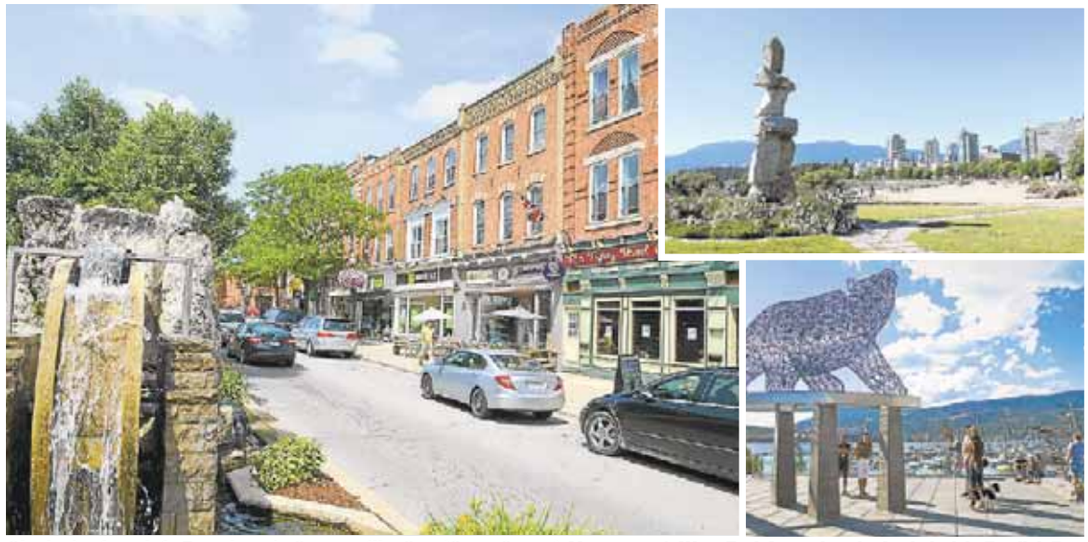
ON THE MOVE

Orangeville, Ont., B.C. cities top planners' annual awards

Loren Christie
For Metro Canada



Clockwise from left, Broadway in Orangeville, Ont. (Great Street), Vancouver's West End, featuring the Inukshuk in English Bay (Great Neighbourhood), and Stuart Park in Kelowna, B.C. (Great Public Space). CONTRIBUTED

For the last five years, the Canadian Institute of Planners has hosted an annual contest called Great Places in Canada. The goal is to engage Canadians in sharing the places they love while highlighting the important work that is being done in building and rehabilitating our cities, towns and parks.

From great metropolises to tiny towns the 29 nominees provide a catalogue of travel destinations that are local treasures. The winners in the categories of Great Street, Great Neighbourhood and Great Public Space were revealed this past week.

Broadway in Orangeville, Ont., won the title of Great Street. "To be great, a street must be a destination in its own right. Broadway fits the bill as an inviting place at the heart of Orangeville," says Ben Petch, contest juror.

Other highlights are the institutional uses that anchor the street and give it purpose and a variety of restaurants, landscaping and patios, which enable people to enjoy the space. The historical buildings add character, and regular festivals and events ensure people experience the street.

Great Neighbourhood went to Vancouver's West End. The West End is easy, safe and inviting; residents walk and bike to work and can easily explore Vancouver's beaches, trails and the incredible Stanley Park.

"Transit access, traffic calming, street furniture, treed promenades, pocket parks and public spaces reflect a thoughtful approach to placemaking," says juror Jaspal Marwah. "Home to the city's LGBTQ community, the West End's density is evenly matched by its diversity of residents, and by a strong commitment to creating an inclusive community that prioritizes affordable housing."

Stuart Park in Kelowna, B.C., was awarded Great Public Space. According to juror Kevin King, "Stuart Park bridges the re-emergence of Kelowna's downtown within the incredible natural setting of the Okanagan Valley. Energized by a civic plaza, the park comes alive at all seasons. Summer performances on the plaza are memorable, while free winter-time ice-skating under the clear Okanagan skies invites people in the winter months."

Recent enhancements to Stuart Park have made it a year-round destination. Its unique reflection of local character and natural environment and accessibility for multi-generational activities make it a great destination for travellers to the area.

Runners-up for Great Street, Great Neighbourhood and Great Public Space were Main Street in Wolfville, N.S., Quartier Petit Champlain in Quebec City, Que., and Lethbridge River Valley in Lethbridge, Alta.

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Fine-tune your holiday decor

Andrea Janus

The holidays are almost upon us, and it's about that time to drag the decorations out of the attic and start making the house look a little more festive.

But to avoid going full-on Clark Griswold with lights that will strain the local power station and more kitschy bric-a-brac than a dollar store, consider these tips from interior designer William MacDonald of WillMac Design.

First things first. "Don't go overboard," he says. "If you think you have too much, you do."

Many people make the mistake of overloading one room: piling up the sideboard, mantelpiece and end tables with decorations.

"Spread the love around the house," MacDonald advises. Even if you're decorating from the same box of ornaments you've had for decades, spread those tchotchkes around the house, including the powder room or the front hall.

The best way to avoid going overboard, though, is to pick a theme, which could be a motif (snowflakes or reindeer) or a colour, then build your decor around that.

Look for inspiration anywhere, even months before Christmas on your summer holiday.

MacDonald found a starfish on the East Coast one year, and the following Christmas the star was his holiday motif. Once you decide on a theme, it isn't necessary to spend a lot of money, MacDonald says. A local park or wooded area, and even the grocery store, are great places to start.

Filling large decorative bowls, or even large serving bowls or soup terrines, with seasonal fruits (pomegranates or clementines, for example), nuts, or pine cones and branches that you've sprayed with silver or gold paint is an easy way to get a cozy seasonal look without breaking the bank.

"I'm a strong believer in going to your fridge first," MacDonald says.

Otherwise, invest in a good-quality artificial garland to keep in your holiday kit that you can use year after year. Drape it over the mantel, along a staircase or down the middle of your holiday table.

Every year you can accessorize it differently based on your chosen theme, MacDonald says.

Party Prep

Once the house is decorated and you're ready to entertain, MacDonald advises bringing in some key items that you will likely reuse throughout the year.

A bar cart will always come in handy during the holidays for smaller parties, and makes for easy entertaining year-round.

But for a larger guest list, use a sideboard or rent a large table and set out all the fixings, MacDonald recommends.

And always be prepared for surprise visitors by having a low-sided basket full of nuts, candies and cocktail napkins underneath or inside the coffee table.

When friends pop by unexpectedly for a holiday libation, "You just bring that up and put it in on the coffee table and say, 'let me get you a glass of wine,'" MacDonald says.

"Just like you were expecting them to pop by." And always have another basket of toiletries and a set of towels and linens ready for visitors who may not be ready to leave until the next morning.

1 Gold berry wreath, $29, Walmart, walmart.ca.
2 Wood reindeer vase, tall, $39.95, Chapters and Indigo stores, chapters.indigo.ca.
3 Gold and ivory animal silhouette pillow, $39.50, Chapters and Indigo stores, chapters.indigo.ca.
4 Washed jewel tone votive cup, $19 each, Pottery Barn, potterybarn.com.

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*By unit and dollar shares, as sourced through the NPD Group's Retail Tracking Service from October 2008 to August 2015 for the Digital SLR Camera category in the Canadian market.

Shopping on a budget

Todd Lewys

Christmas: there's no other time of year like it.

For some, it is the most wonderful time of the year. But for many, it's the most financially stressful time of the year due to a tendency to overspend. As the 2014 BMO Holiday Spending Outlook report showed, the average Canadian plans to spend more than $1,500 on the holidays, with $551 of that on gifts alone. History also shows that Christmas 'tis the season of debt: 28 per cent of the survey's respondents took on an average of $963 in holiday debt.

Here are some tips on how to keep your spending under control during the holiday season:

1 Make a list
Determine exactly who you'll be giving to. You can't give to everyone, so think of family and friends first, and maybe leave co-workers or acquaintances off the list – or just give them a gift that costs under $10.

2 Set a budget
If you're a student, living on a limited income or simply aren't rich, budget accordingly. If that budget comes out to $250 or $500, buy gifts for those most important to you within the financial parameters you've set out.

3 Avoid impulse buys
This is where discipline comes in. Know what you want to purchase for each recipient on your list, and then stay within your budget. If giving to a family, perhaps buy them one gift rather than several to stay within your spending limit.

4 Get Googling
Try Googling "promo code ___" before taking your online cart through the checkout and you can often save a huge amount off of the original price or at the very least snag free shipping," says Kyle Prevost, co-author of the blog youngandthrifty.ca.

5 Do it yourself
If you're good at knitting, painting or photography, put those talents to use at Christmastime. Knit your nephew a cool toque, paint a serene lake scene for your aunt or frame a great wildlife photo you snapped that your best friend can hang in his den. Such gifts don't cost much to produce (time being your major investment), and people will appreciate the thought and effort that went into the gift.

6 Consider a gift card
Buying gift cards in $25 or $50 denominations makes it easier to stay within a defined budget. It also allows the recipient to put the money toward an item that they truly want.

7 Give Yourself
Think homemade gift cards giving your time in the form of free babysitting, cooking a meal or weeding the garden.

8 Team up
That way you could collectively spring for larger items that wouldn't normally fit in your budget, says Anne Keery, the blogger behind uniquegifter.com.

9 It's not the amount spent, but the thought that counts
Reality is, a gift doesn't have to be lavish to be appreciated. Put in the time and thought, and mom will appreciate a beautiful acrylic sweater just as much as she would an expensive cashmere pullover.

WITH FILES FROM ASTRID VAN DEN BROEK

Callie hits the ice thanks to War Amps

Being born a right-arm amputee hasn't stopped seven-year-old Callie of Alberta from living a full and active life.

Callie has a passion for ringette. Thanks to support from The War Amps Child Amputee (CHAMP) Program, she received a device that allows her to hold on to a ringette stick.

Callie's parents say the device has allowed their daughter to maintain a healthy lifestyle while playing a sport she enjoys.

"Without the device, she wouldn't be able to play," says her mom, Kim. She loves playing with her team and we love seeing her have such fun on and off the ice."

The War Amps encourages Champs to develop a positive attitude towards their amputation and live to their full potential. With the public's support of the Key Tag and Address Label Service, young amputees like Callie obtain the tools they need to enjoy their favourite activities.

Callie with a customized device that allows her to hold a ringette stick. CONTRIBUTED

'Tis the season to aid military families

This holiday season — and beyond — why not give back to those who give so much in support of our country. There are many ways to support the Calgary Military Family Resource Centre, and those families who represent the strength behind the uniform, through the gift of money or the gift of time.

CONTRIBUTED

"Even though there is no base in the area, there's still a very strong military presence in the region," says Tessa Clayton, communications co-ordinator, Calgary Military Family Resource Centre, adding that the majority of southern Alberta soldiers are reservists. "Our soldiers don't ask for much — their families ask for even less — but the soldiers can't do it without their support.

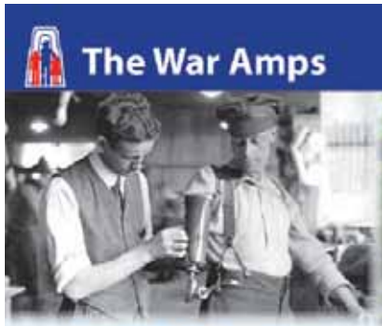
"We're here to support the heroes behind the heroes."

The CMFRC supports military families from Red Deer to the U.S. border. Clayton says they work to bring the community together, forge partnerships, and support the needs of military families. And while they do appreciate and accept donations online, there are many ways to support Alberta military families.

"People are more than welcome to volunteer with us and with our families," Clayton says, adding that they also accept gifts in kind, toys for Christmas, and a multitude of other donations. "If people have an idea, we're open to discussing it."

To learn more about the organization, visit calgarymfrc.ca. If you're interested in discussing donations of any type, call 403-410-2320, ext. 3591.

The War Amps



A Legacy of "Amputees Helping Amputees"

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We would welcome a gift or charitable bequest in your will. With your help, The War Amps will continue to meet its commitments to amputees long into the future.

For information about leaving a gift in your will, contact:

1 800 363-4067 • plannedgiving@waramps.ca • waramps.ca

Please visit our website for our Annual Report and Essential Financial Information.
The War Amps is funded by donations to the Key Tag Service and does not receive government grants.

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MFRC
Calgary Military Family Resource Centre

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DO YOU LOVE SOMEONE WHO IS?

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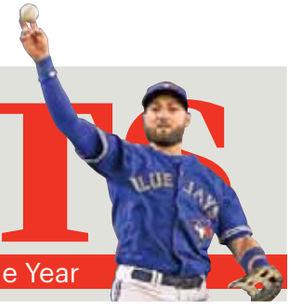


Blue Jays' Kevin Pillar, who finished second for the Gold Glove, was named the Wilson Defensive Player of the Year

Flames quenched by Stamkos and co.

NHL

Calgary fail to contain Tampa as Boyle ends goal drought

Steven Stamkos scored a go-ahead power-play goal in the third period, Ben Bishop stopped a personal five-game losing streak and the Tampa Bay Lightning beat the Calgary Flames 3-1 on Thursday night.

Brian Boyle and Tyler Johnson also scored for the Lightning, who have 15 goals over a 3-6-1 stretch. The defending Eastern Conference champions topped the NHL in goal scoring last season.

Calgary got a goal from Sam Bennett. Stamkos put the Lightning up 2-1 from the low left circle off a pass from Alex Killorn with 7:09 to play. Five of Stamkos' nine goals this season have come on the power play.

Johnson extended the lead to 3-1 with 1:33 remaining.

Bishop, who made 30 saves, had given up just eight goals during his skid. He made an in-close save on Sean Monahan in both the first and second periods.

Less than a minute after Stamkos had a goal disallowed for kicking the puck into the net, Boyle made it 1-0 from the right circle 1:59 into the second.

Lightning center Tyler Johnson, right, loses the puck after getting around Calgary Flames left wing Johnny Gaudreau on Thursday. CHRIS O'MEARA/THE ASSOCIATED PRESS

Bennett tied it at 6:45 of the second during a power play with a redirection in the slot of a pass by Mikael Backlund.

The Flames have been outscored 52-23 during the second and third periods combined.

Calgary's Karri Ramo made a nice save on Victor Hedman's shot from left circle through traffic midway through the second. Tampa Bay, which went 32-8-1 at home last season, is 3-4 this season.

THURSDAY in Florida

3	1
LIGHTNING	FLAMES

Calgary entered allowing 3.9 goals a game. The Flames acquired minor league G Kevin Poulin from Tampa Bay for future considerations and assigned him to Stockton of the AHL. Boyle stopped an 11-game goal drought. Calgary Ladislav Smid was in the lineup after being a healthy scratch the previous seven games.

THE ASSOCIATED PRESS

Ottawa Redblacks coach Rick Campbell has been nominated for CFL coach of the year. GETTY IMAGES

CFL AWARDS

QBs Mitchell, Burris in line for top award

Burris and Bo Levi Mitchell of the Calgary Stampeders are the finalists for the CFL's outstanding player award.

Burris was instrumental in leading Ottawa to a first-place finish in the East, registering a CFL-record 481 completions and league-high 5,693 passing yards. Levi Mitchell, the MVP of last year's Grey Cup game, was second overall in passing (4,551) as Calgary (14-4) finished second in the West Division standings. There was a double nod to the Ottawa Redblacks as coach Rick Campbell and quarterback Henry Burris were named shortlisted for the CFL's end-of-year awards.

481

Ottawa QB Henry Burris' record number of completions

Campbell and Chris Jones of the Edmonton Eskimos are the finalists for the CFL's coach of the year award.

Jones led the Eskimos to a 14-4 record — tied with Calgary for the best in the CFL — to finish atop the West Division after beating the Stampeders in two of three regular-season meetings.

Ottawa (12-6) finished first in the East in its second year under Campbell after posting just two victories in its inaugural CFL campaign.

The other nominees include: linebackers Adam Bighill of the B.C. Lions and Simoni Lawrence of the Hamilton Tiger-Cats (defensive player); Winnipeg Blue Bombers defensive lineman Jamaal Westerman and Ottawa Redblacks receiver Brad Sinopoli (Canadian); B.C.'s Jovan Olafioye and Ottawa's SirVincent Rogers (lineman); Calgary Stampeders kicker Rene Paredes and Hamilton kick-returner Brandon Banks (special-teams); and receivers Derel Walker of the Edmonton Eskimos and Vidal Hazelton of the Toronto Argonauts (rookie).

THE CANADIAN PRESS

Letourneau hopes trouble is brewing

UFC

Quebecer eyes big chance amid Rousey-mania Down Under

After carving open Jessica Penne's face in June, UFC strawweight champion Joanna Jedrzejczyk climbed the Octagon fence, looked at the camera and asked "Who's next?"

Canadian Valerie (Trouble) Letourneau answered the call.

On Saturday, the 115-pounder from Montreal enters the cage a 20-1 underdog against the hard-hitting Polish titleholder in the co-main event of UFC 193 in Melbourne, Australia.

(Rowdy) Ronda Rousey defends her bantamweight (135-pound) crown against former champion boxer Holly Holm in the Etihad Stadium main event. The pay-per-view show could set an attendance record for the UFC, surpassing the 55,724 who took in UFC 129 in April 2011 at Toronto's Rogers Centre.

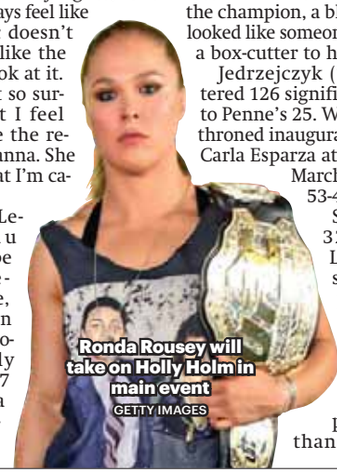
Rousey (12-0) is also a 20-1 favourite to dispatch Holm (9-0), who is ranked seventh among bantamweight contenders. It's the sixth title defence for Rousey, a former Olympic judo bronze medallist who has become the face of the UFC.

Letourneau (8-3) is unfazed by her heavy underdog status.

"Most of the people won't even know who I am and (also) haven't seen my fights," she said. "I always feel like the public doesn't see fights like the fighters look at it.

"I'm not so surprised but I feel like I have the respect of Joanna. She knows what I'm capable of."

While Letourneau may not be a household name, she has been fighting professionally since 2007 and was a trailblazer among Quebec female fighters. She is ranked eighth among strawweights after winning all three of her previous UFC bouts.


Ronda Rousey will take on Holly Holm in main event
GETTY IMAGES

"Finally the hard work paid off," she said after getting the title bid.

Some might say be careful what you wish for when it comes to fighting Jedrzejczyk, a former Muay Thai champion with world-class striking. After less than three rounds with the champion, a bloody Penne looked like someone had taken a box-cutter to her face.

Jedrzejczyk (10-0) registered 126 significant strikes to Penne's 25. When she dethroned inaugural champion Carla Esparza at UFC 185 in March, she held a 53-4 edge.

Still the 32-year-old Letourneau says her preparations have been ideal and that she feels no more pressure than any other fight.

Letourneau is coming off an upset decision win over Maryna (Iron Lady) Moroz in August in Saskatoon. She floored the Ukrainian fighter in the first round, was wobbled in the second but survived and took the fight to the ground in the third in a gritty performance.

The Canadian was unranked while the previously unbeaten Moroz was ranked eighth going into the fight. Injuries have interrupted Letourneau's career in the past. After a December 2007 loss to fellow Canadian Alexis Davis, she fought just once in 40 months due to a broken hand, concussion and two shoulder surgeries.

Still Letourneau has won seven of her last eight — she was beaten by Claudia Gadelha in 2012 — after losing two of her first three pro fights (against Davis and fellow Canadian Sarah Kaufman).

Letourneau and daughter Gabrielle headed south two years ago to train at American Top Team in Florida. She had spent 10 years training at Montreal's Tristar Gym.

THE CANADIAN PRESS

WADA DOPING REPORT

Russians rule out boycotting Rio Olympics

With an Olympic boycott ruled out, Russia is planning to at least partially admit it has a doping problem.

Russian Sports Minister Vitaly Mutko told The Associated Press on Thursday that there will "not in any case" be a boycott of next year's Olympics in Rio de Janeiro.

A short time later in a separate interview, the acting president of the Russian track federation told the AP he is ready to own up to some of the charges levelled in the World Anti-Doping Agency commission's massive report on doping in the country.

"We admit some things, we argue with some things, some are already fixed, it's a variety," said Vadim Zelichenok, declining to provide further details. "It's not for the press."

The governing body of track and field is expected to rule Friday on whether to suspend Russia from competition because of the doping scandal. If Russia is banned, the country's track and field team could be excluded from next year's Olympics.

Monday's damning report by the WADA commission recommended that the Russian track federation be suspended, saying its athletes and officials were involved in "extensive" use of performance-enhancing drugs, obstructed doping tests and helped to cover up drug use.

Even if Russia's track and field team is banned, Mutko told the AP that the country has no intention of boycotting the Olympics.

THE CANADIAN PRESS

Kaylin Irvine is leading the breakaway group. AFP/GETTY IMAGES

SPEEDSKATING

Canada's best will be World Cup mavericks

Some of Canada's top speedskaters have broken away from the national team and will race the first World Cup of the season as independents. Calgary's Kaylin Irvine and Regina's Kali Christ, who both represented Canada at the 2014 Winter Olympics, are among a group of speedskaters who have formed Team Crossover outside the national long-track team.

Both women qualified at fall trials to race at the World Cup starting Friday at the Olympic Oval in Calgary. Speed Skating Canada revamped its coaching system this season, which meant a coaching change and a shift to a different training group for Irvine and Christ.

"We both tried the new training environment for a couple of months," Irvine said. "Unfortunately, it wasn't at the level where I thought I could reach my best potential.

"If I don't believe I have the right platform to be the best I can, it just got to the point where I wasn't motivated to go to the training.

"We voiced these concerns several times within the organization. My input as an athlete wasn't respected and a better alternative wasn't given to us."

Irvine, 25, and Christ, 24, each qualified to race three distances in Calgary. Winnipeg's Shannon Rempel, an Olympian in 2006 and 2010, is also member of Team Crossover and will compete in the 500 metres.

Irvine finished 18th in the 1,000 metres at the 2014 Sochi Olympics. Christ was 16th in the 1,500, 21st in the 1,000 and fifth with the women's pursuit team.

Speed Skating Canada assigned Irvine's former coach Xiuli Wang, who oversaw former Olympic champions Clara Hughes and Christine Nesbitt, and Christ's coach Todd McClements to groups of developmental speedskaters this season.

THE CANADIAN PRESS

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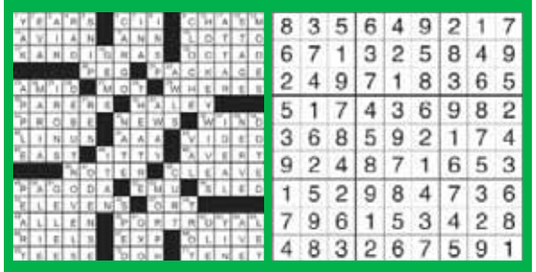

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3	6	8	5	9	2	1	7	4
9	2	4	8	7	1	6	5	3
1	5	2	9	8	4	7	3	6
7	9	6	1	5	3	4	2	8
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RECIPE
Avocado Egg Salad Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The addition of avocado is a creamy and nutritious twist on your usual egg salad.

Ready in
Prep time: 10 minutes
Cook time: 15 minutes
Makes: 2 or 3 sandwiches, depending how big you like your sandwiches.

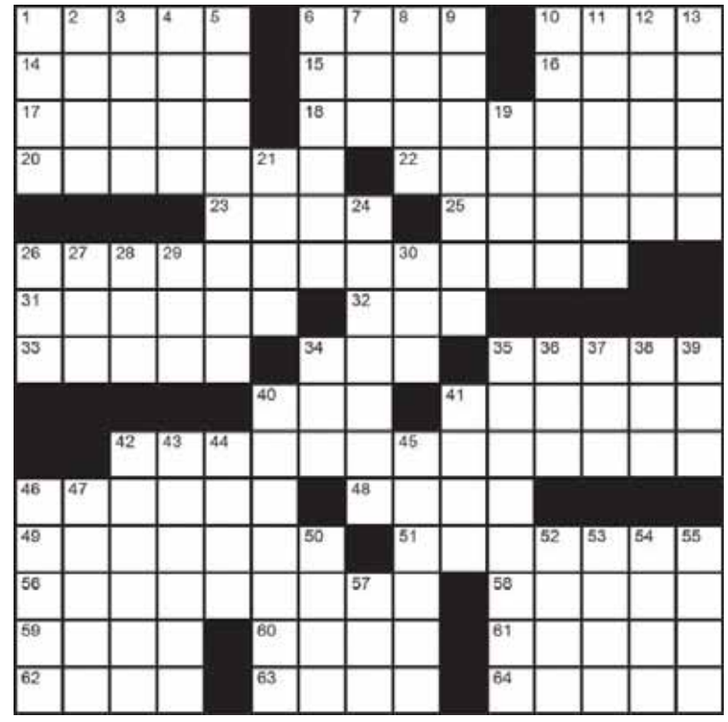
Ingredients
- 3 hard boiled eggs
- 2 avocados, pitted
- 1 Tbsp Greek yogurt
- 1 tsp lemon juice
- 2 Tbsp chives, chopped fine
- 1/4 tsp Dijon mustard
- Salt and pepper to taste
- 4 to 6 slices whole grain bread

Directions
1. Egg boiling trick: place eggs in cold water and put pot over medium high heat. Bring the water to a boil, place a lid on pot, take off the heat and set your timer to 12 minutes.
2. Rinse the eggs under cold water to cool them down enough to peel. Remove the shells. Roughly chop the boiled eggs.
3. In a large bowl, mash your ripe avocados, breaking them down into chunks. Add the chopped eggs, lemon juice, chives, Dijon and give it all a good mix. Salt and pepper to taste.
4. Spread your mixture on sandwich bread and add anything else you like — tomatoes, lettuce, sliced cucumber.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD
Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Flavouring in Greek aperitif Ouzo
6. Shake off
10. Flippant
14. Jesters
15. Auth. unknown
16. Cheese variety
17. House's loft area
18. Where there is a tradition in Ontario of having a motorcycle rally: 2 wds. (More at #42-Across!)
20. Adjust again
22. Ancient three-levels-of-oars Mediterranean ship
23. Winnie-the-Who?
25. Admission
26. Finely-fitted or furnished
31. Bypasses
32. Word: French
33. "Beau _" (1939) starring Gary Cooper
34. Big load, variantly
35. Ada's love in "Cold Mountain" (2003)
40. Grass appendage
41. Paradise
42. #18-Across' biker event takes place each _ _ _ (Superstition!)
46. Nike logo
48. Shakespeare... The Tragedy of Othello, the _ of Venice
49. Collaborator
51. Not deep
56. Big bird of the sea
58. Greyish-brown
59. "SCTV" bit
60. Duellist's need
61. Acclamation
62. Built
63. Meadow's morning moisturizers
64. Some computers

DOWN
1. Way off in the distance, posh-style
2. Memo
3. 9th Greek alphabet letter
4. Dropped in standings
5. Fun adventure
6. Electronics store purchase
7. Religious song: "Lead _, _ King Eternal"
8. Variety
9. Signed-up competitor
10. Sensation felt skyrocketing in space
11. Made the riverbanks resistant to rising waters
12. Articles
13. Unmasks
19. Word meanings reference book, briefly
21. Bursts the balloons
24. Same-sounding word as another word, but with a different meaning (Two vs. Too)
26. Fido's flick of the tail
27. Nightfall
28. _ Angeles
29. Candle with a flame status
30. 'Opt' suffix
34. Former plane letters
35. Emphasized an important point
36. Place atop the Billboard chart, _. _
37. Music file format
38. Small island
39. Thumbs-down utterance
40. Stuck to the rules
41. "Here comes trouble!"
42. Prohibit
43. Go around
44. "_ It Romantic" by Ella Fitzgerald
45. Shuffles the garden salad
46. Muscle cramp
47. _-_-thon (Fund-raising event)
50. Anchor's attachment
52. Needlework creation
53. Period of calmness
54. Iridescent gem
55. Soaks
57. Hem pants, for instance

IT'S ALL IN THE STARS
by Sally Brompton

Aries March 21 - April 20
You are hugely ambitious and you don't mind when the pressure is on — in fact you thrive on it. What happens next will give you the opportunity to prove yourself. Be amazing.

Taurus April 21 - May 21
No matter how many times you've failed in the past you'll make up for it simply because you believe in yourself and refuse to give up. Your staying power is legendary and guarantees success.

Gemini May 22 - June 21
You have been too cautious of late but as from today you will go to the other extreme and take risks left, right and centre. Whether or not you are right to do so remains to be seen.

Cancer June 22 - July 23
You have been generous lately, both with your time and money, but now you have to put your own needs first. The planets warn that you must not give to others what you need for yourself.

Leo July 24 - Aug. 23
If you have fallen behind in your workload you must make an effort to catch up or revise your schedule so that you are not under so much pressure. Are the deadlines necessary?

Virgo Aug. 24 - Sept. 23
If your efforts are yielding ever smaller results it is a sure sign you have pushed yourself too hard and need to slow down. Strike a balance between your work and your wellbeing.

Libra Sept. 24 - Oct. 23
Your self-belief may have taken a hammering but soon you will be back to your best. However, don't start believing that nothing can go wrong. Over-confidence could lead to disaster.

Scorpio Oct. 24 - Nov. 22
You are more sensitive than people imagine and what happens today will affect you deeply. Put on a brave face and make it appear as if you are in full control but open up to someone you trust as well.

Sagittarius Nov. 23 - Dec. 21
You may not have been your usual sunny self but today's link between Mercury, planet of the mind, and Jupiter, your ruler, will inspire you.

Capricorn Dec. 22 - Jan. 20
Spend less time thinking about what might go wrong and more time enjoying what's going right. Something will happen to make sure you realize just how lucky you are.

Aquarius Jan. 21 - Feb. 19
You have put up with a lot recently and although there were times you almost gave up you kept on battling. Soon you will get your reward.

Pisces Feb. 20 - March 20
You will come to the aid of someone in need today and it will do you both a lot of good. Selfless actions always come back to the person who makes them and some day someone will help you when you most need assistance.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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YOU WILL BE RESTORED
The economic situation notwithstanding, God is still faithful. If God can bypass theories, rules, procedures, and laws to do what He wants to do, He will again turn your situation around such that, "there will be heard once more the sounds of joy and laughter. The joyful voices of bridegrooms and brides will be heard again, along with the joyous songs of people bringing thanksgiving offerings to the Lord" (Jeremiah 33:10b -11NLT). Never relent in trusting God as He is able to restore you.
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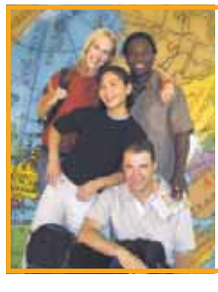

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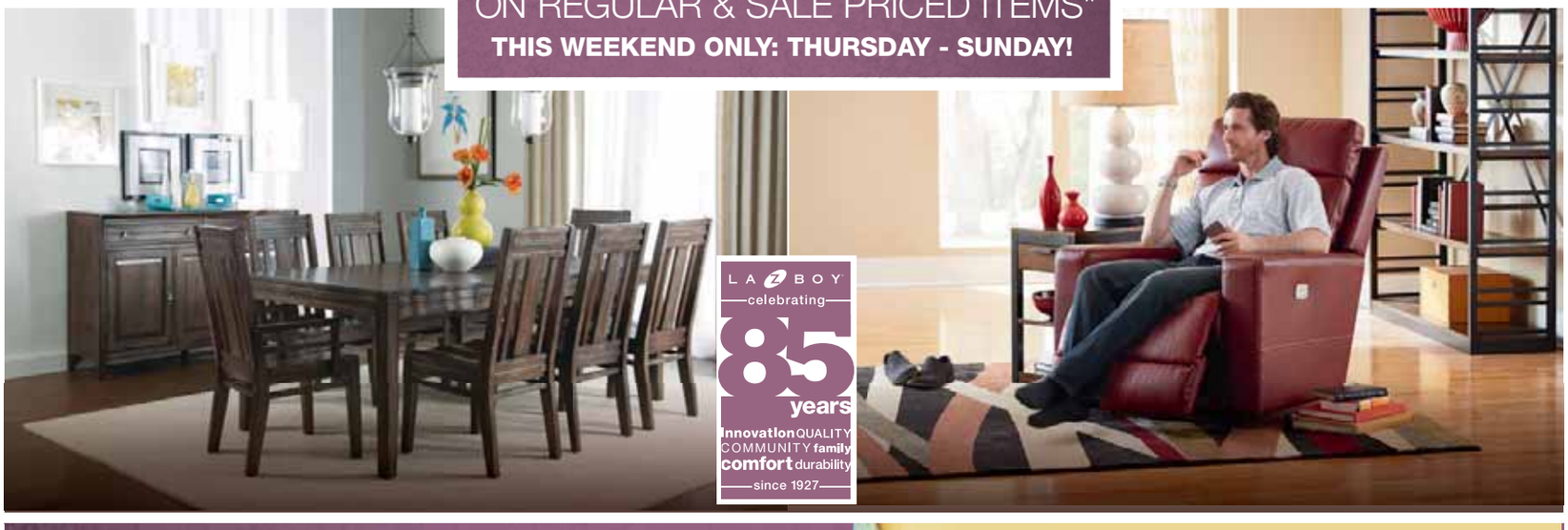

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